

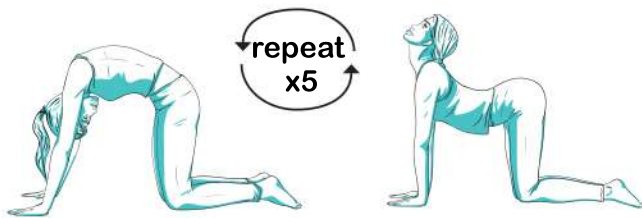
YOGA POSES

to practice everyday

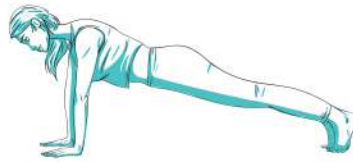
yogarove.com

Hold each pose for 5-8 breaths, or whatever length feels good to you. Remember to repeat the same on both sides.

1 Cat-Cow



2 Downward Dog



3 Crescent Lunge



4 Warrior II



5 Tree



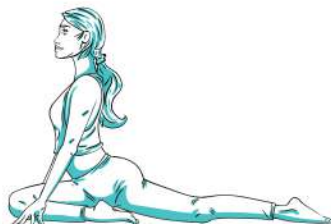
6 Standing Fold



8 Downward Dog



9 Pigeon



10 Seated Twist



11 Savasana

