

Yoga poses



Warrior 1



Warrior 2



Side Bend



Revolved Triangle



Forward Bend



Cat / Cow



Downward Dog



Upward dog (hips up)



Cobra (hips down)



Bridge



Butterfly



Easy pose / Zazen
Bumpy Camel – hands on foot



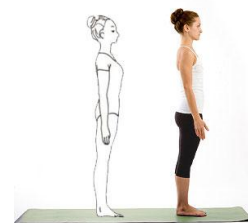
Tree
/(Vrksasana)



Aeroplane



Dancer



Mountain