

# YOGA POSES



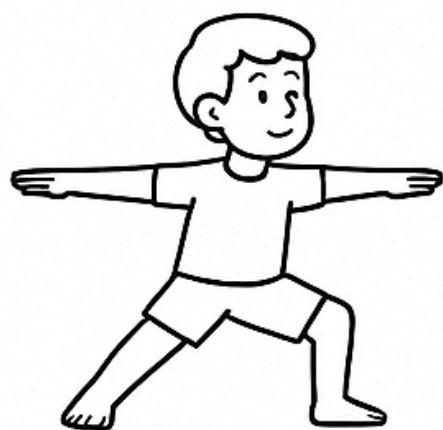
**TREE POSE**



**COBRA POSE**



**DOWNWARD-FACING DOG**



**WARRIOR**



**CHAIR POSE**



**BOAT POSE**



**BUTTERFLY**



**BRIDGE POSE**



**CHILD'S POSE**