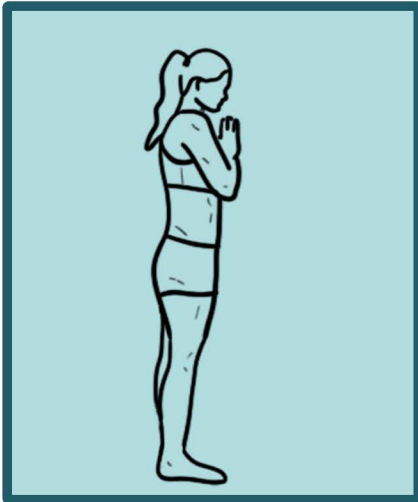
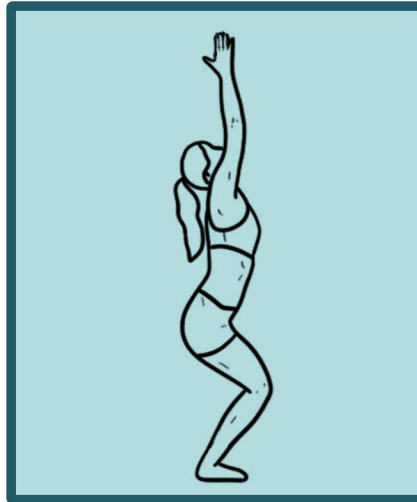


Hold each pose for 30 seconds

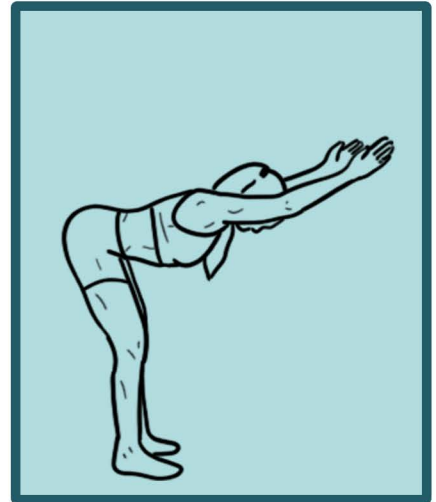
1. Mountain Pose



2. Fierce Pose



3. Forward Pose



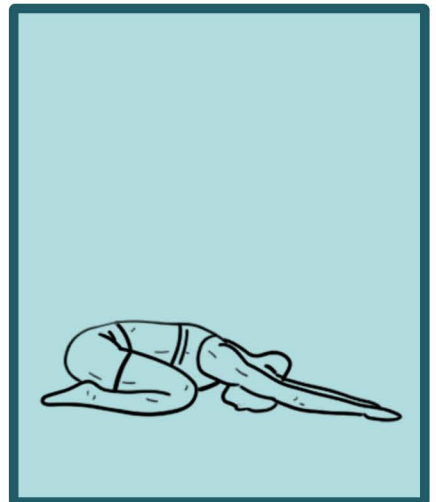
4. Wide Squat Pose



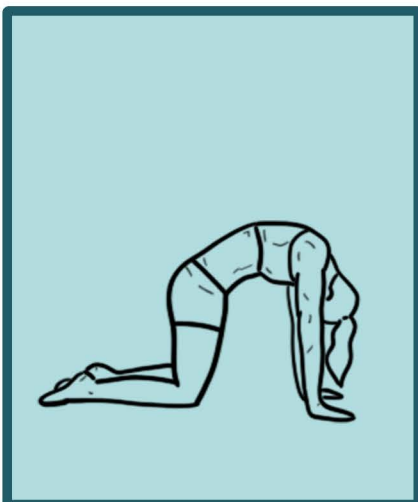
5. Hero Pose



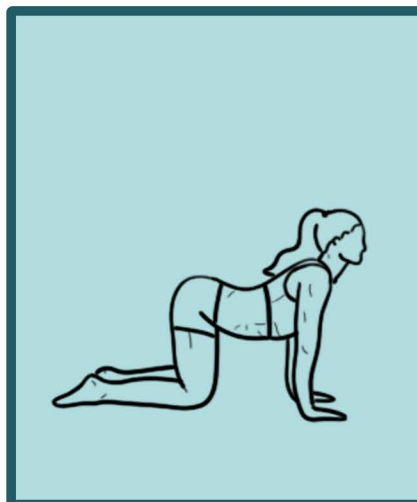
6. Child Pose



7. Cat Pose



8. Cow Pose



9. Upward Dog Pose

