



*Forward Bend*



*Warrior Pose*



*Boat Pose*



*Bridge Pose*



*Plank Pose*



*Elbow Plank Pose*



*Wide Legged Forward Bend*



*Downward Dog Pose*



*Chair Pose*



*Yoga Poses*

*Chair Pose with Twist*



*Constructive Rest Pose*



*Seated Twist*



*Child's Pose*



*Tree Pose*



*Triangle Pose*



*Cross Legged Forward Bend*