

SIMPLE *Yoga Poses*





Hero Pose



Bound Angle Pose



Easy Pose



Bharadvaja's Twist



Staff Pose



Half Lord of the
Fishes Pose



Cow Face Pose



Fire Log Pose



Marichi Pose



Head-to-Knee Forward
Bend



Wide-Angle Seated
Forward Bend



Seated Forward
Bend



Wide-Legged Forward
Bend



Side-Stretch Pose



Downward Facing Dog



Extended Puppy Pose



Child's Pose



Upward Facing Dog Pose



Cobra Pose



Sphinx Pose



Fish Pose



Locust Pose



Dolphin Plank Pose



Cat Pose



Cow Pose



Dolphin Pose



Boat Pose



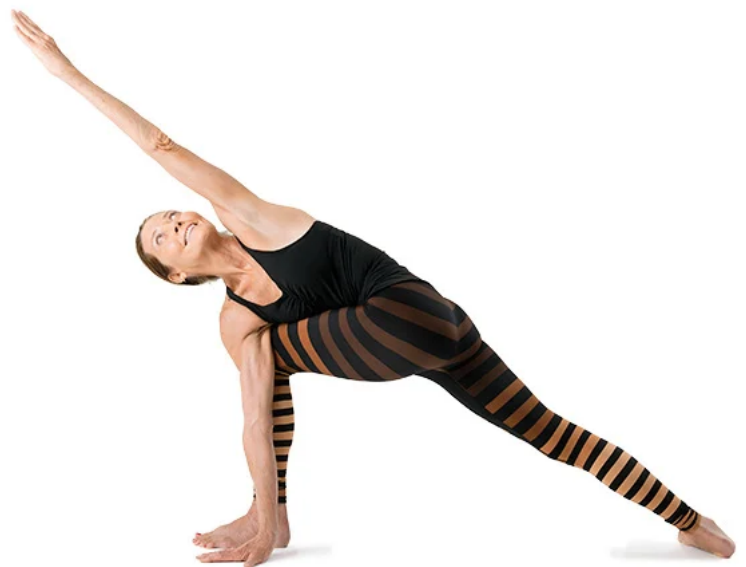
Extended Triangle Pose



Revolved Triangle Pose



Extended Side Angle Pose



Revolved Side Angle Pose



High Lunge



High Lunge: Crescent Variation



Eagle Pose



Mountain Pose



Upward Salute



Standing Forward Bend



Warrior I



Warrior II



Warrior III



Low Lunge



Garland Pose



Gate Pose



Half Moon Pose