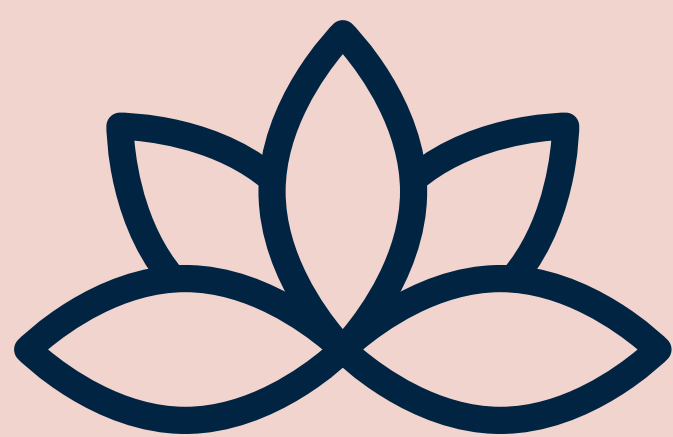


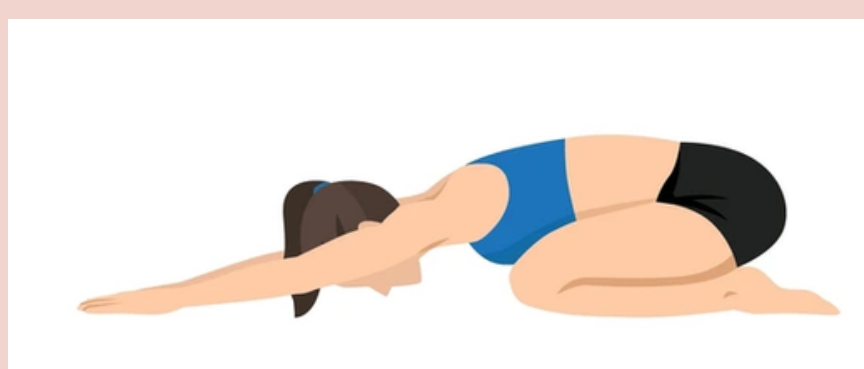


YOGA POSES

SLEEP

calms the nervous system
reduces stress and tension
eases physical discomfort
makes you mindful of your breathing

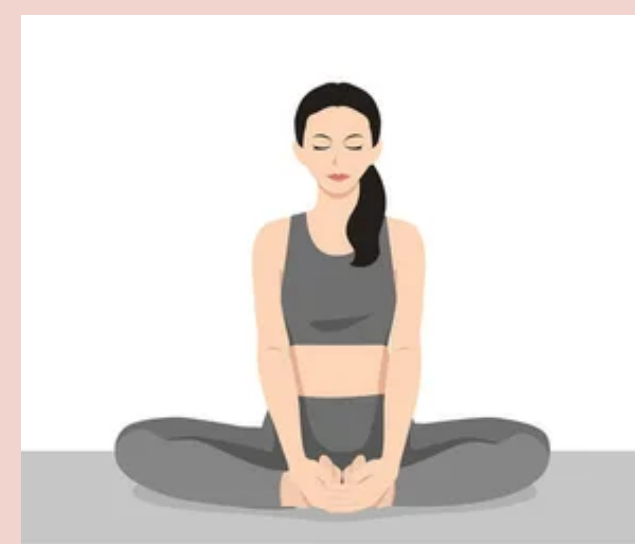
child's pose



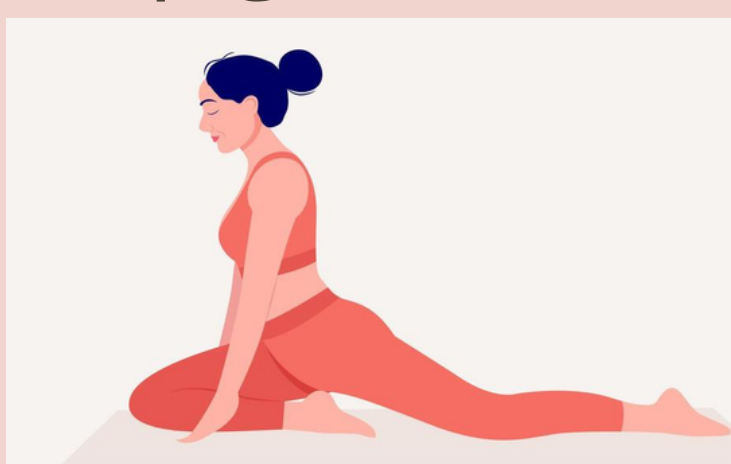
bridge



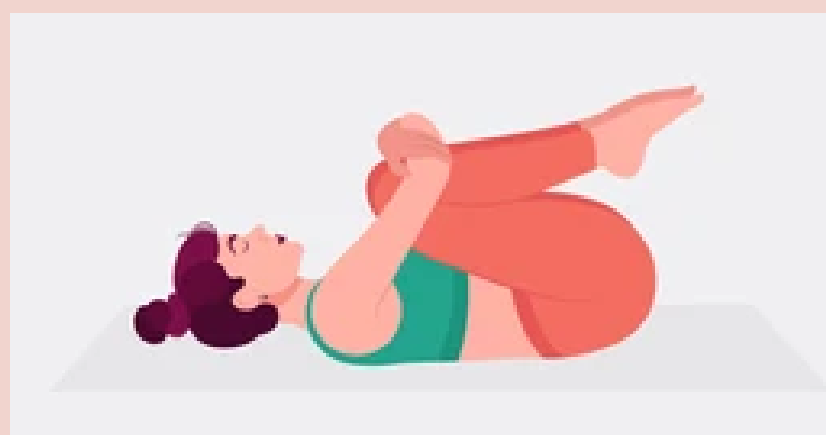
butterfly



pigeon



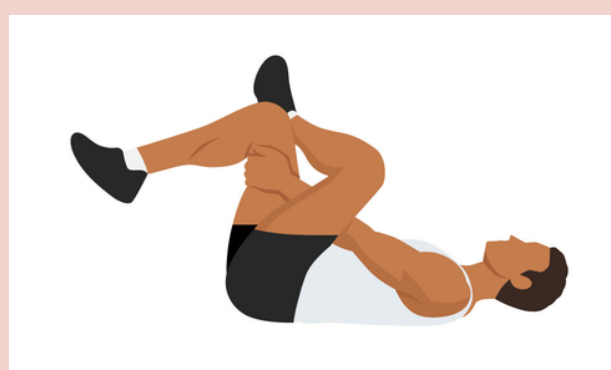
knees to chest



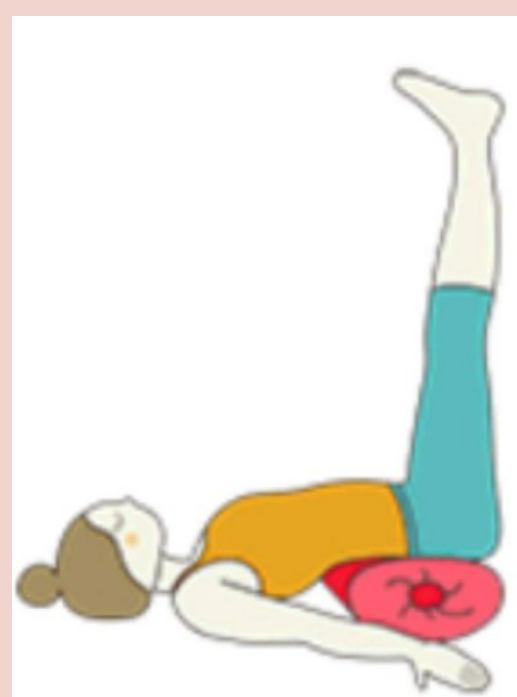
reclined butterfly



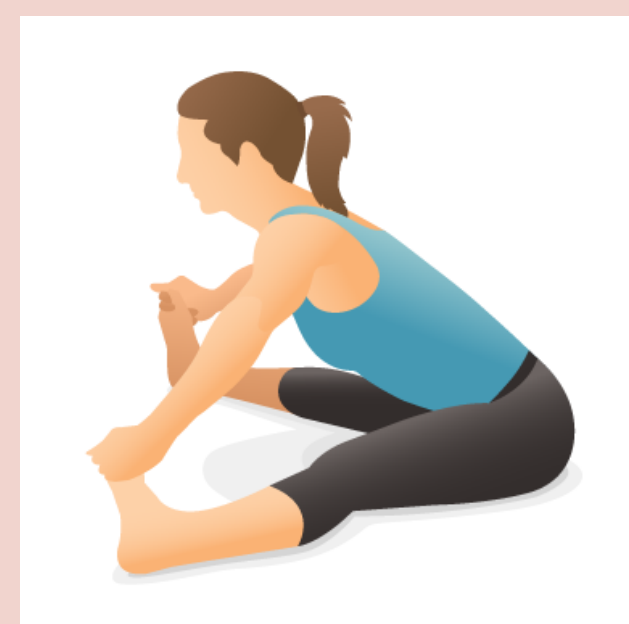
reclined pigeon



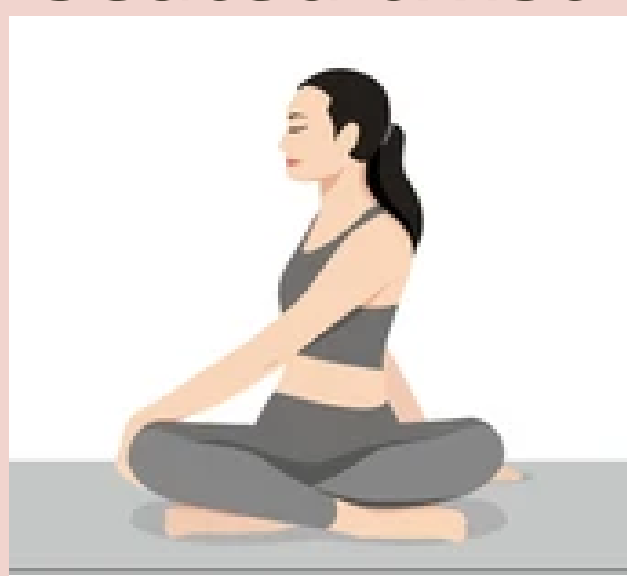
legs up the wall



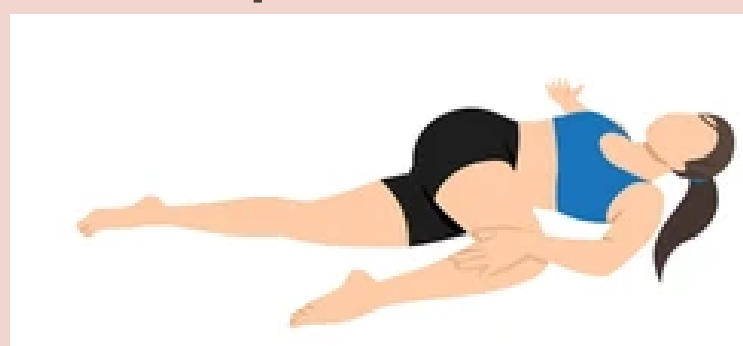
forward fold



seated twist



supine twist



use lots of props to support