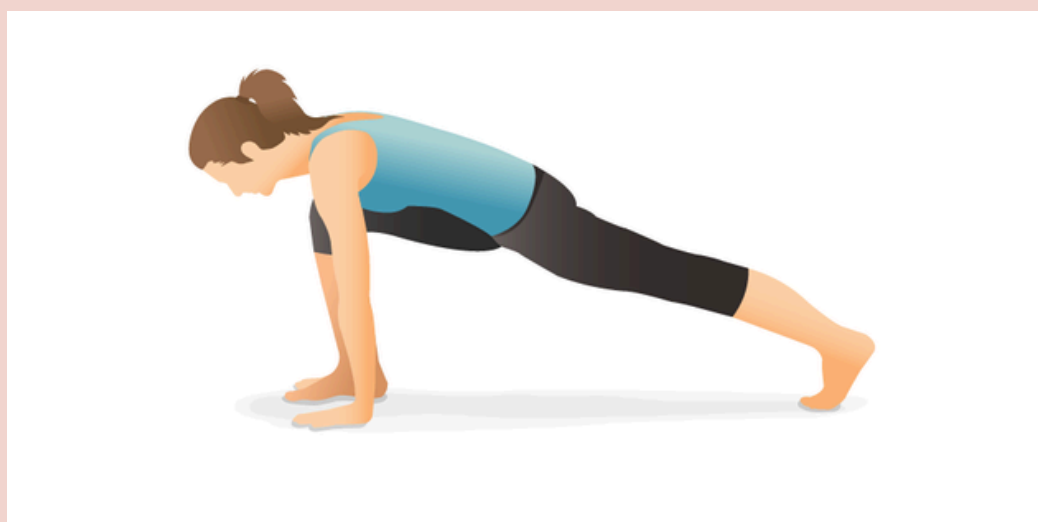


# YOGA POSES

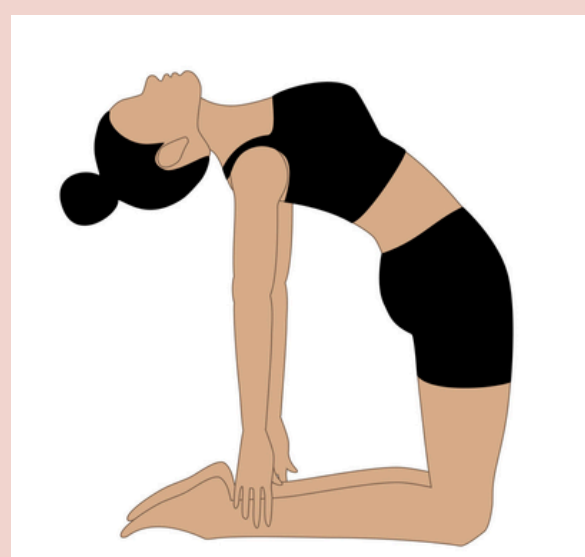
## HIP FLEXORS

strengthens muscles  
relieves tension  
increases flexibility  
increases range of motion

runners lunge



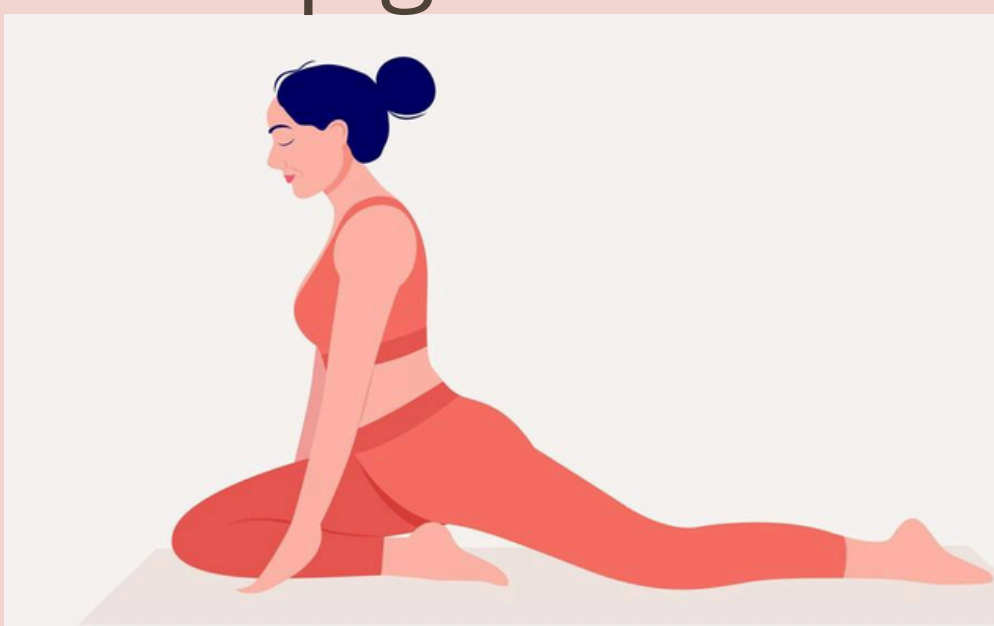
camel



crescent lunge



pigeon



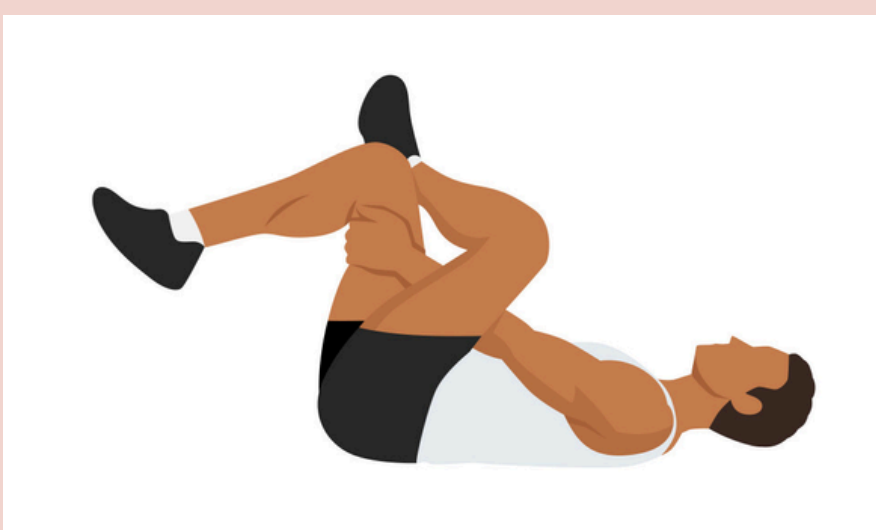
supine twist



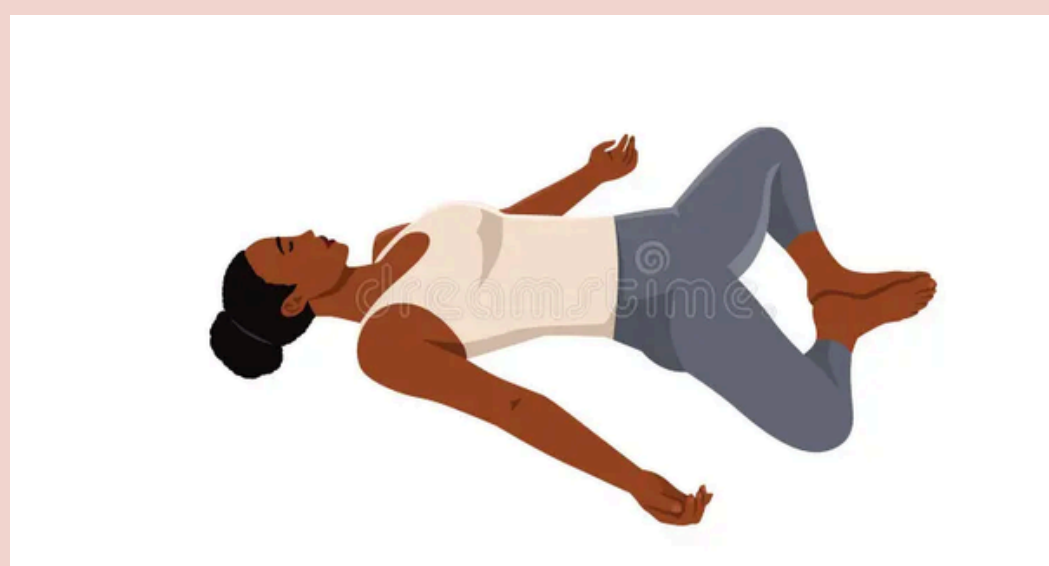
frog



reclined pigeon



reclined butterfly



happy baby

