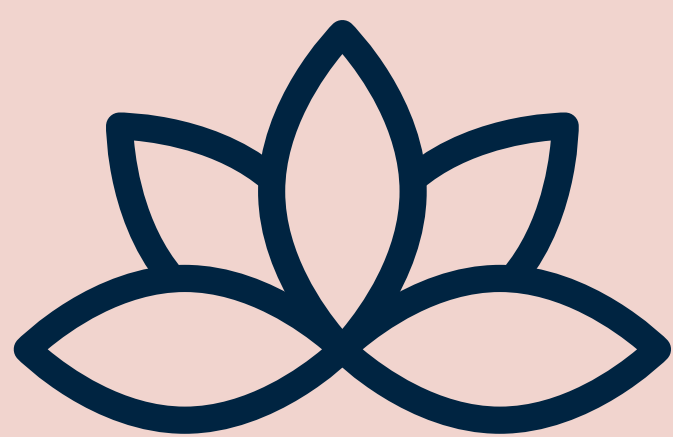




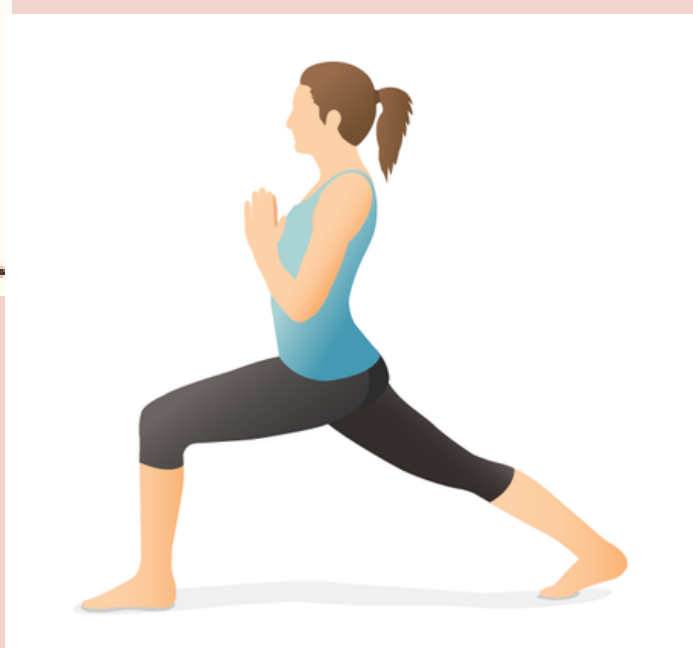
YOGA POSES

GLUTES

builds strength
increases range of motion
improves balance and posture
relieves back pain



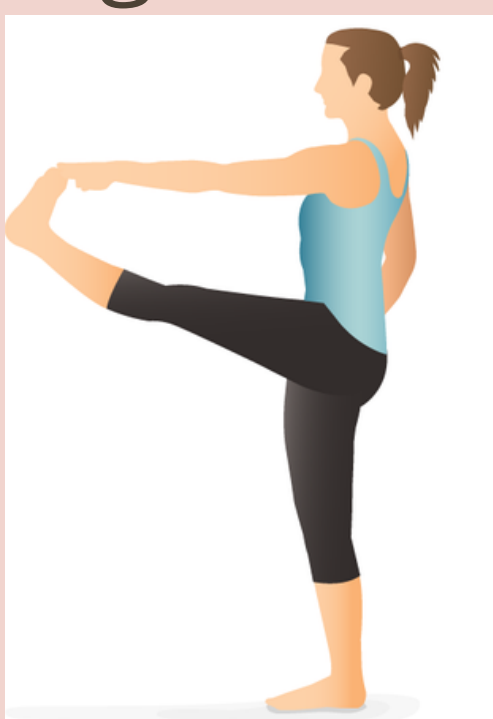
lunges



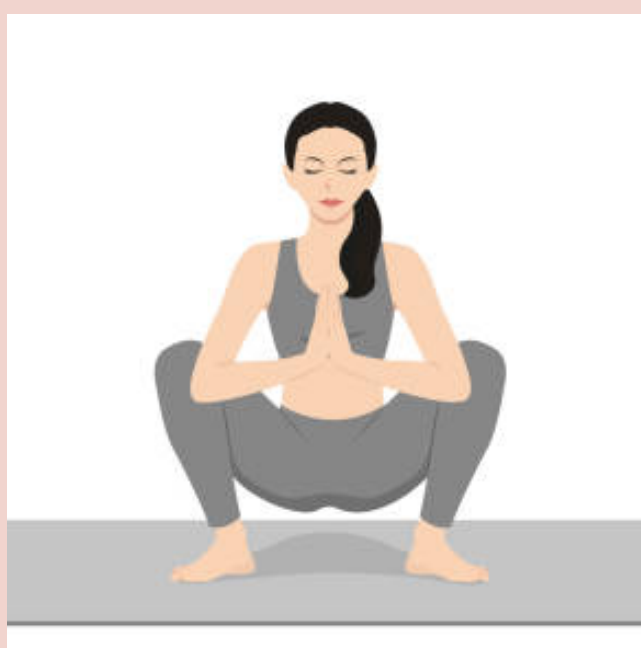
standing leg raise



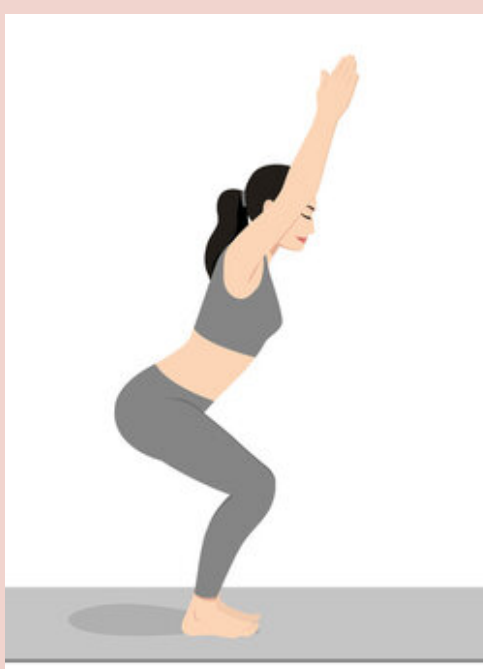
reclined pigeon



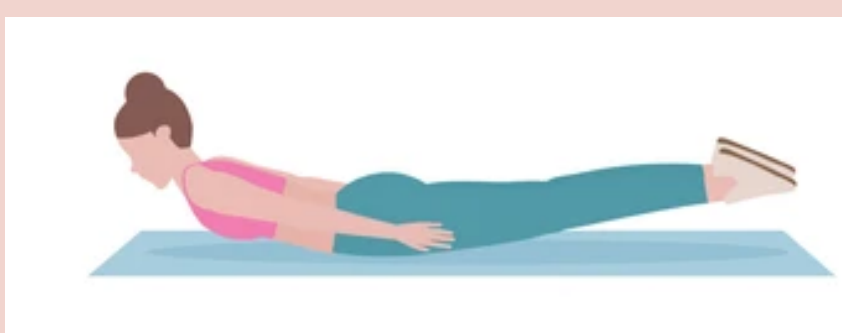
yogi squat



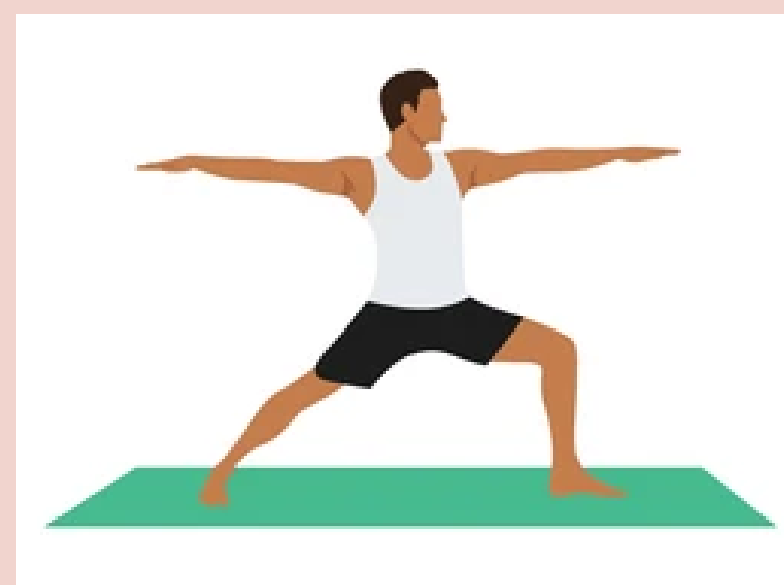
chair



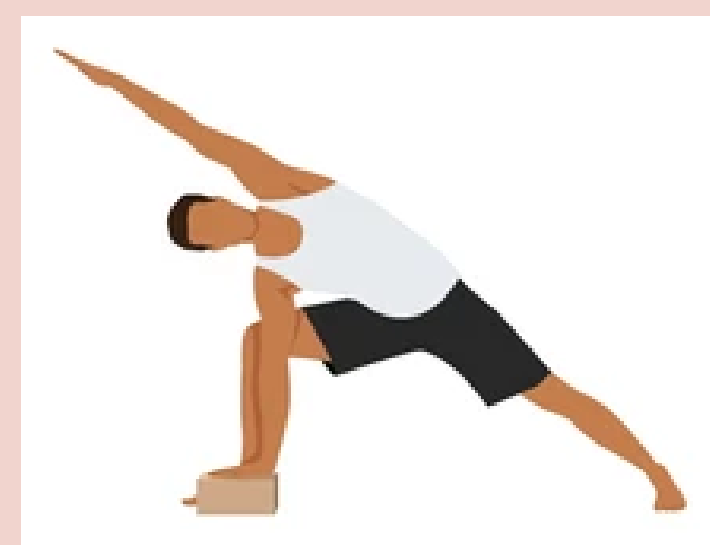
locust



warrior 2



extended side angle



bridge

