

10
MINUTES

SIMPLE YOGA POSES

①



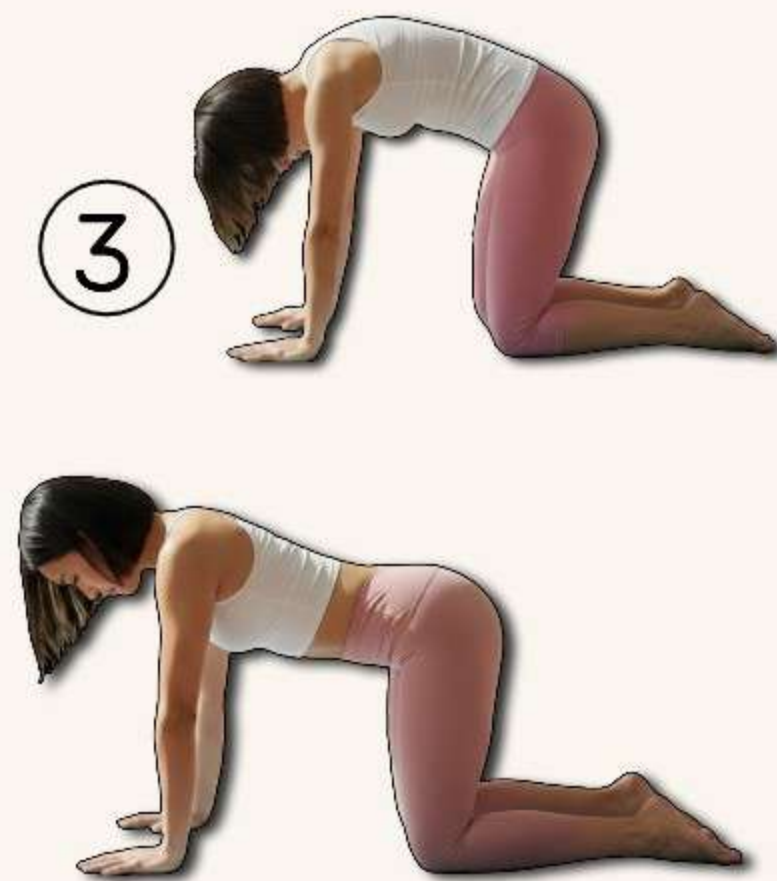
Tadasana

②



Balasana

③



Cat-Cow

④



Tree pose

⑤



Warrior II

⑥



Downward Dog

⑦



Forward Fold

⑧



Bridge Pose

⑨



Butterfly Pose

⑩



Savasana