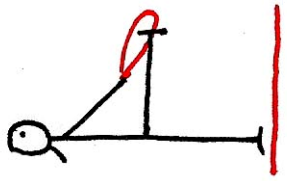

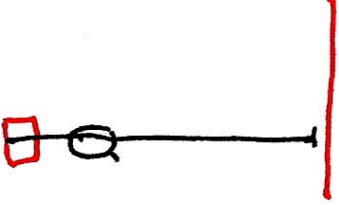







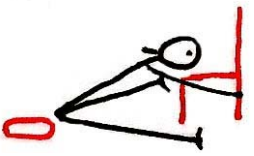

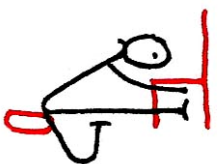


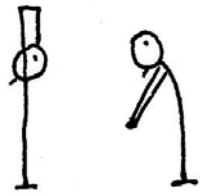







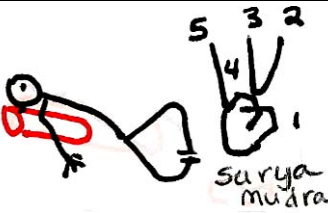
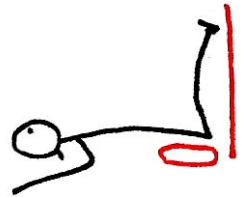


Fatigue & Stress

Gentle poses that can be done during times of fatigue or stress to center the mind and relax the body.

 Supta Padangusthasana	 Apanasana	 Stretch @ Wall	 Virasana	 Parvrita Virasana
 Cat/Cow	 Puppy	 Balasana	 Squat	 Baddha Konasana
 Upavistha Konasana	 Pascimottanasana	 Janu Sirsasana	 Bharadvajasana	 Utthita Marichyasana
 Tadasana	 Tadasana Reverse Namaste	 Tadasana Gomukhasana	 Prasarita Padottanasana	 Uttanasana
 Adho Mukha Svanasana	 Balasana	 Reclining Twist	 Supta Baddha Konasana	 Viparita Karani