

# YOGA



## Poses:

- *Boat*
- *Baby Cobra*
- *Bound Angle*
- *Bridge*
- *Camel*
- *Cat's Back*
- *Chair*
- *Child's pose*
- *Downward Facing Dog*
- *8-Point pose*
- *Forward Bend*
- *Locust*
- *Reverse Table*
- *Savasana*
- *Sphinx*
- *Supported Lunge*
- *Thread the Needle*
- *Table*
- *Tree*
- *Warrior I, II*

