



*Cow Face Forward Bend*



*Camel*



*Bridge*

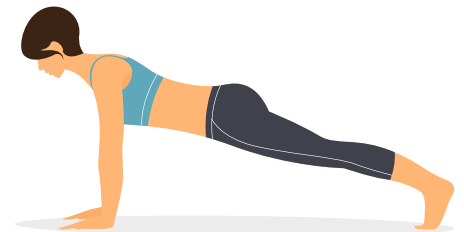


*Downward-Facing Dog*

# YOGA *For* FIX BAD POSTURE



*High Cobra*



*Full Plank*



*Bow*



*Warrior I*



*Wide Legged Forward Bend*