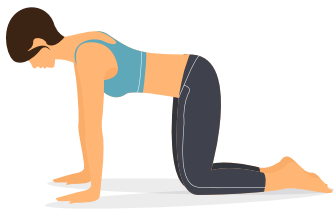




# 8 YOGA FOR BALANCE & STABILITY



*Table*



*Downward-Facing Dog with Toe Raises*



*Full Plank*



*Tree with Prayer Hand*



*Eagle*



*Standing Sage Marichi's*



*Gorilla*



*Warrior III with Airplane Arms*