

# YOGA

using Chair Support

Cow/Cat



Half-Forward Fold



Hamstring Stretch



Quadriceps Stretch



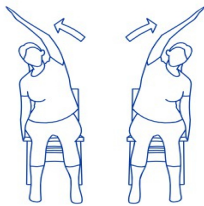
Knee Hug



Reverse Chair



Side Bend



Mountain



Helicopter

