

# Yoga Poses Chart



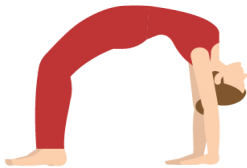
Lotus Pose



Downward Facing Dog



Upward Facing Dog



Wheel Pose



Warrior 2



Monkey Pose



Hero Pose



Bow Pose



Warrior 3