YOGA FLOW FOR
Stress Relief
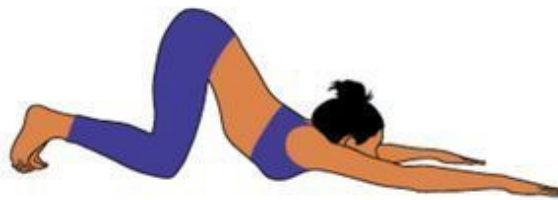
Yogin Rainbow

Triangle pose
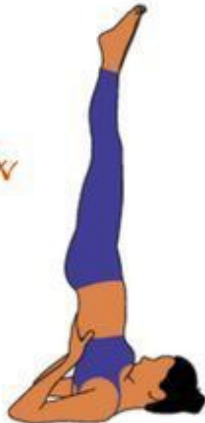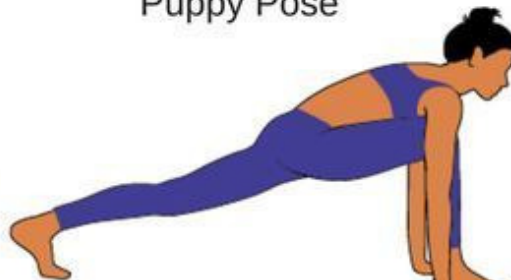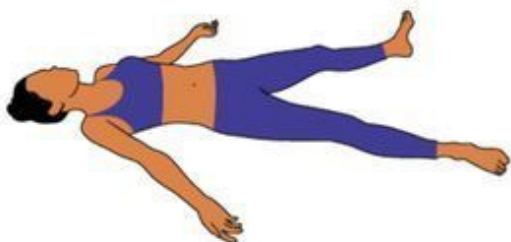
Candle pose

Worrior

Malasana

Puppy Pose

Leg up

Forward Fold

High Lunge

Downward facing dog

Savasana

Cow face

Cobbler