

# Perfect Poses

## YOGA FOR STRESS RELIEF



Easy Pose



Seated Twist



Cow Face Pose



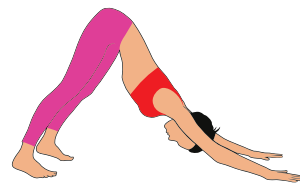
Cobbler Pose



Puppy Pose



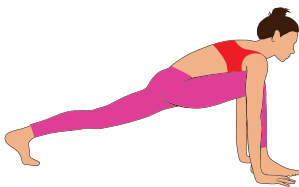
Forward Fold



Downward Dog



1 Leg Down Dog



High Lunge



Warrior II



Triangle Pose



Seated Forward Fold