## Yoga

















 I $\quad \mathrm{K} \quad \mathrm{E} \quad \mathrm{M}$







EXTENDED SIDE ANGLE WARRIOR THREE WARRIOR TWO RELAXATION
TREE POSE
PRANYAMA
NAMASTE

WARRIOR ONE MEDITATION KINDNESS
BALANCE
ASANA

DOWNWARD DOG MINDFULNESS
STILLNESS
SAVASANA
RESPECT
OM

