

# 12 BASIC YOGA POSES

Mountain



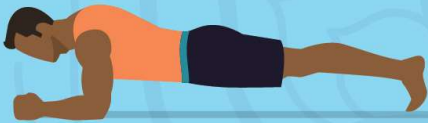
Downward Facing Dog



Upward Facing Dog



Plank & Bridge



Warrior One



Warrior Two



Tree & Chair



Butterfly



Reclining Spinal Twist



Child's pose

