

Yoga stretches

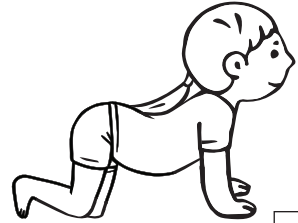
Tree pose



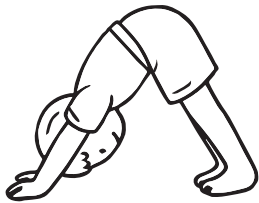
Butterfly pose



Cat-cow stretch



Downward dog



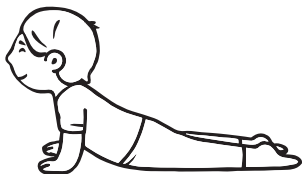
Child's pose



Warrior 2 pose



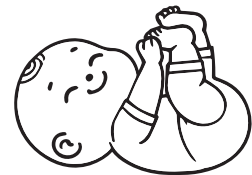
Cobra pose



Star pose



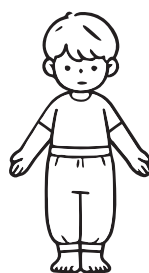
Happy baby pose



Triangle pose



Mountain pose



Chair pose

