

THINK  
POSITIVE  
& POSITIVE  
THINGS  
WILL  
HAPPEN +

challenge  
to change

# YOGA POSES



BOAT



BOW



BRIDGE



BUTTERFLY



CAMEL



CHAIR



CHILD'S POSE



CROW



DANCER



DOLPHIN



DOWNWARD  
FACING DOG



EASY POSE



EAGLE



FISH



FLOWER



GODDESS



HANDSTAND



HAND TO TOE



HEADSTAND



HERO



KING PIGEON



LOCUST



MONKEY



MOUNTAIN



PIGEON



PLANK



PLOW



RESTING POSE



SCORPION



SEATED  
FORWARD FOLD



SHOULDERSTAND



SIDE ANGLE



SIDE PLANK



TREE



TRIANGLE



UPWARD  
FACING DOG



WARRIOR I



WARRIOR II



WARRIOR III



WHEEL



WIDE LEGGED  
FORWARD FOLD

