

# YOGA POSES FOR STRESS RELIEF



1. Child's Pose



2. Head to Knee Forward Bend



3. Bridge Pose



4. Cow Pose



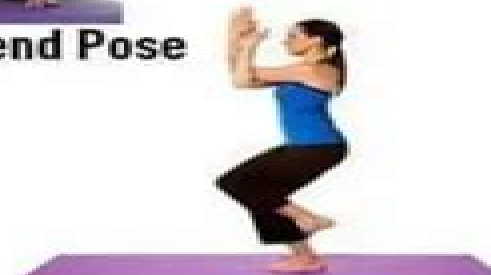
5. Standing Forward Bend Pose



6. Easy Pose



7. Dolphin Pose



8. Eagle Pose



9. Cat Pose



10. Corpse Pose



11. Puppy Pose



12. Extended Triangle Pose



13. Legs Up the Wall Pose

# For Beginners Stress Relief

**Clifford Lane**



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