

7 Yoga Poses

TO HELP WITH
STRESS RELIEF



1. Child's Pose



2. Downward Dog



3. Cat and Cow Pose



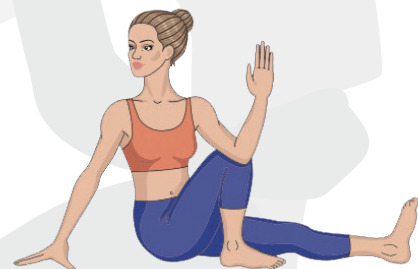
4. Sphinx Pose



7. Triangle



6. Warrior



5. Spinal Twist

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