

YOGA POSES FOR FLEXIBILITY, FR

15 poses · English and Sanskrit names · steps for each at yogaphilippines.com/poses/



DOWNWARD-FACING DOG
Adho Mukha Svanasana



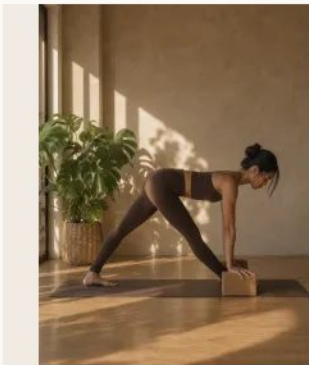
STANDING FORWARD BEND
Uttanasana



LOW LUNGE
Anjaneyasana



LIZARD POSE
Utthan Pristhasana



PYRAMID POSE
Parsvottanasana



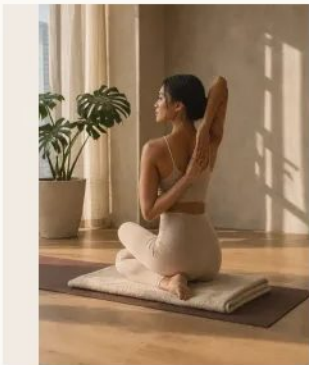
TRIANGLE POSE
Trikonasana



WIDE LEGGED FORWARD BEND
Prasarita Padottanasana



PUPPY POSE
Uttana Shishosana



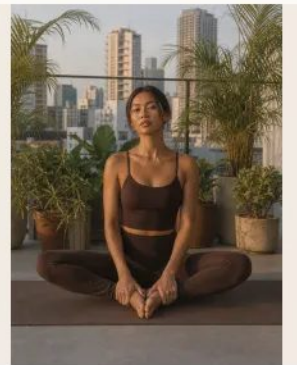
COW FACE POSE
Gomukhasana



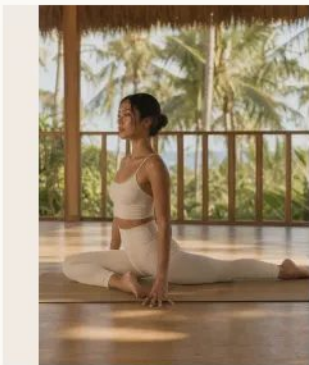
COBRA POSE
Bhujangasana



SEATED FORWARD BEND
Paschimottanasana



BUTTERFLY POSE
Baddha Konasana



PIGEON POSE
Eka Pada Rajakapotasana



HAPPY BABY POSE
Ananda Balasana



SUPINE TWIST
Supta Matsyendrasana