

YOGA POSES

for STRENGTH

yogarove.com

LOWER BODY

1 High Lunge



2 Chair



3 Goddess

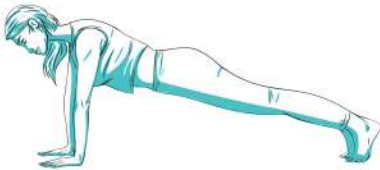


4 Warrior II



CORE

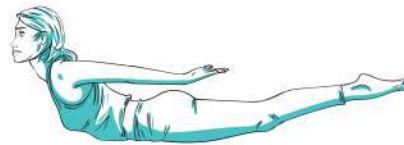
6 Plank



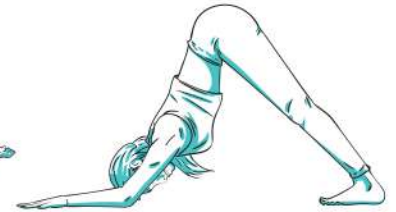
7 Boat



8 Locust

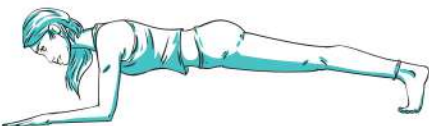


9 Dolphin

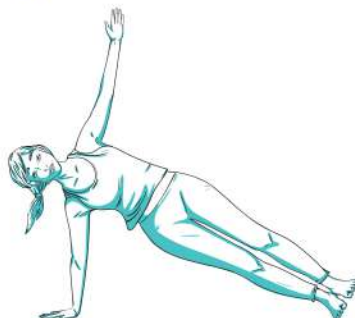


UPPER BODY

11 Dolphin Plank



12 Side Plank



13 Chaturanga



14 Crow

