

YOGA WORKOUT CHART



One Leg Down
Ward Facing Dog



Lord of the Dance
Pose



Upward- Facing Dog Pose



Camel Pose



Upward Plank Pose



Half Fish Pose



Locust Pose



Bow Pose



Downward-
Facing Boat Pose



Head-to-Knee
Pose



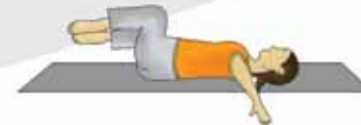
Solar Energizer



Chair Pose



Child's Pose



Abdominal Twist Pose,
Knee Bent



Powerful Pose

As with any exercise program, consult your physician before you begin.

