

## YOGA POSEN

BY SADBUTAWESOME.COM



**#01** 

CHILD'S POSE



DOWNWARD DOG

#02



LOCUST

**#03** 

**#07** 





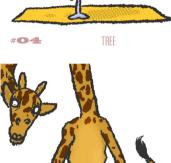
#05 ONE-LEGGED KING PIGEON



UPWARD FACING DOG #06



SEATED

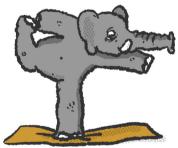


**#08** 





HAPPY BABY #09

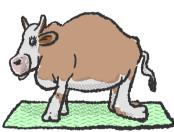


#10 DANCER





#**1**12 **CROW POSE** 



CAT POSE #13

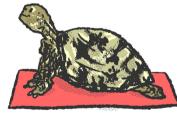


COW POSE #14



SHAVASANA

#15



#16

COBRA



RECLINED TWIST



HEADSTAND



RAG DOLL





24

RUNNER'S LUNGE



SPHINX



**PLANK** 



PEACEFUL WARRIOR