



YOGA POSES



Caistor Grammar School
A SELECTIVE ACADEMY



Upward Salute

Standing Forward Bend



Standing Half Forward Bend Pose



Mountain



Goddess



Garland



Warrior I



Warrior II



Warrior III

Wide Legged
Forward Bend



Wide Legged
Forward Twist

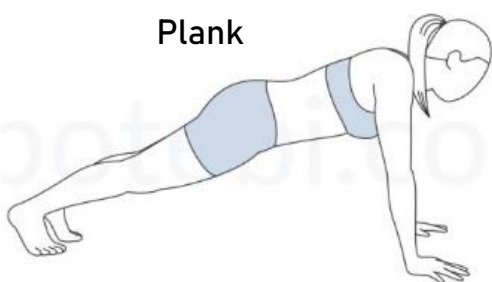


Extended
Triangle

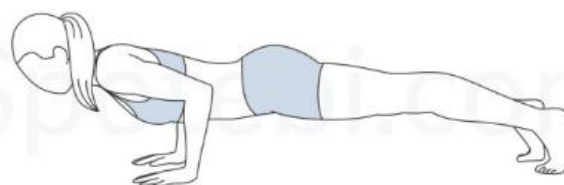
Downward Facing
Dog



Plank



Low (Tricep) Plank



Upward Facing Dog

