

9 Yoga Poses for Ways to Improve

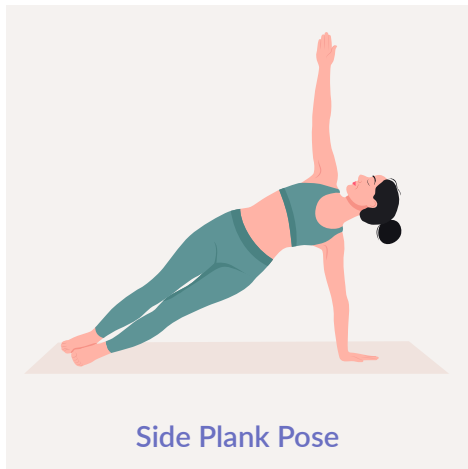
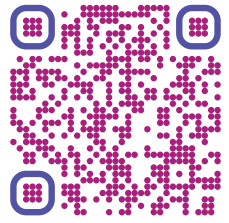




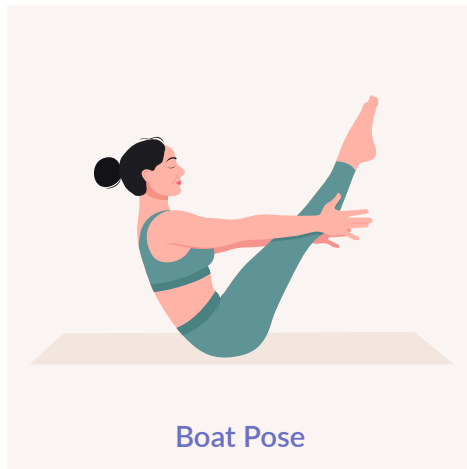
YOGA 4 TEENS

YOUTH 13-17 YEARS OLD

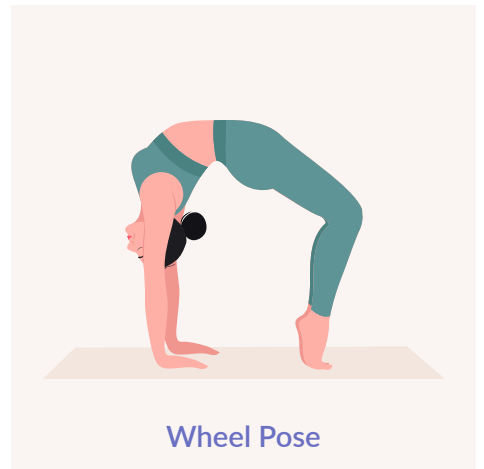
Chill Out,
Relax, Tune Into
Your Body



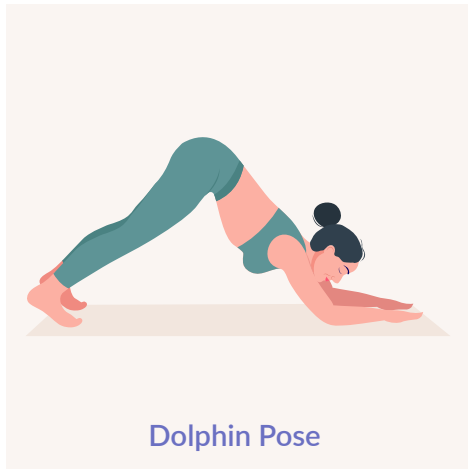
Side Plank Pose



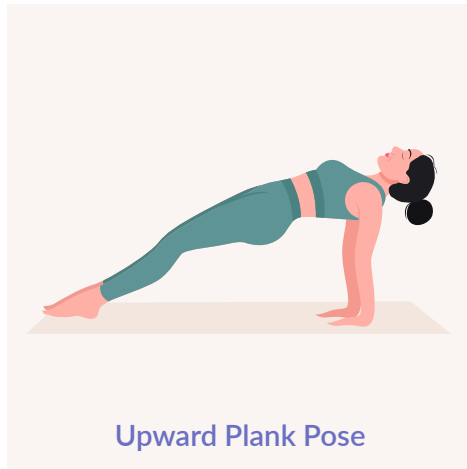
Boat Pose



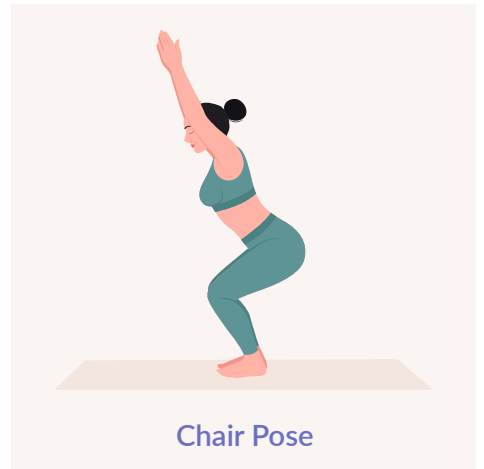
Wheel Pose



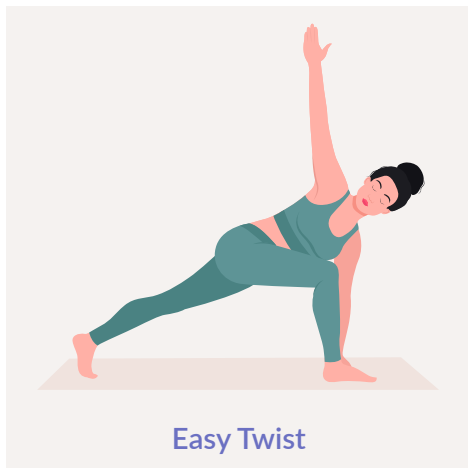
Dolphin Pose



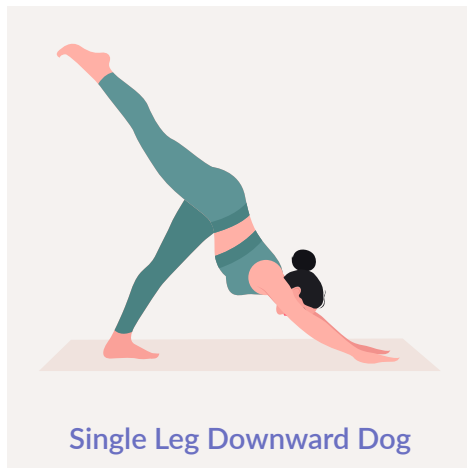
Upward Plank Pose



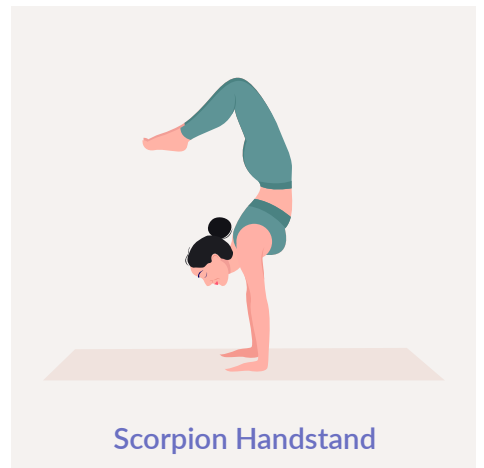
Chair Pose



Easy Twist



Single Leg Downward Dog



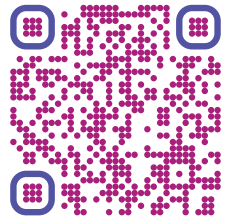
Scorpion Handstand



YOGA 4 TEENS

YOUTH 13-17 YEARS OLD

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Alternate Nostril Breathing



Standing Forward Fold



Childs Pose



Straight Seated Forward Fold



Cobra Pose



Bridge Pose



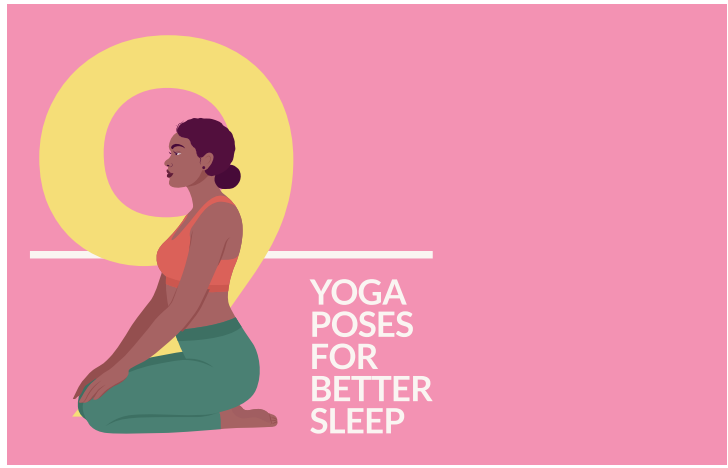
Happy Baby



Single Leg Downward Dog



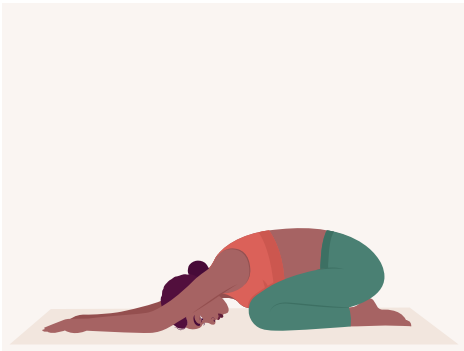
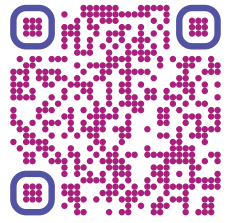
Corpse Pose



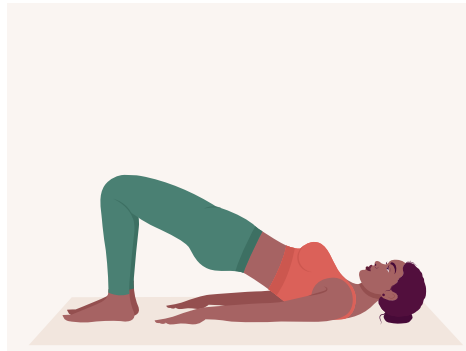
YOGA 4TEENS

YOUTH 13-17 YEARS OLD

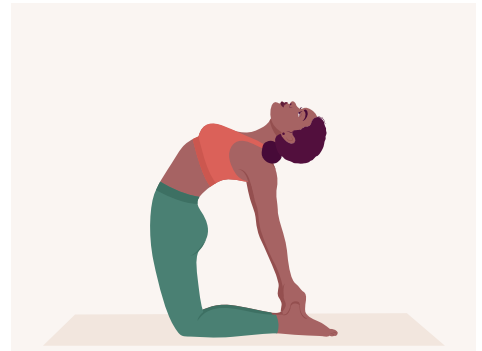
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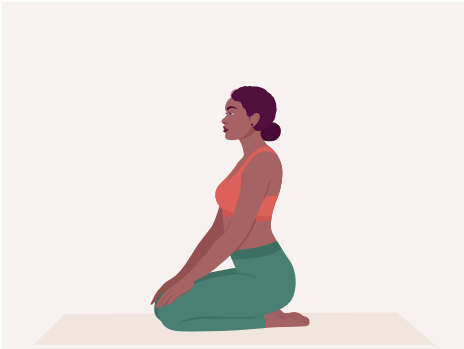
Childs Pose



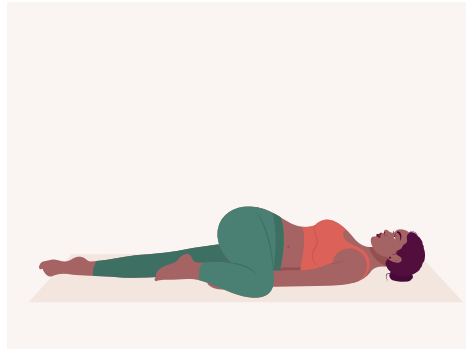
Bridge Pose



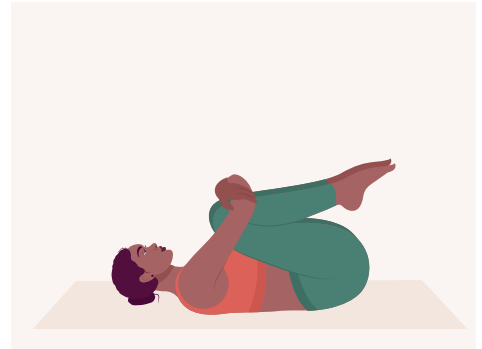
Camel Pose



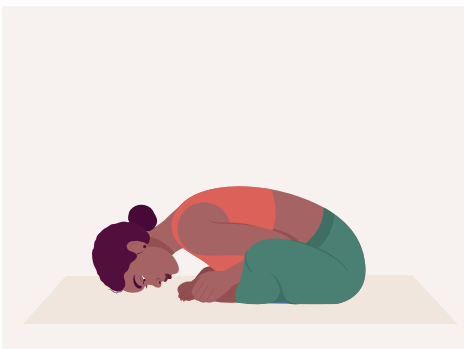
Hero Pose



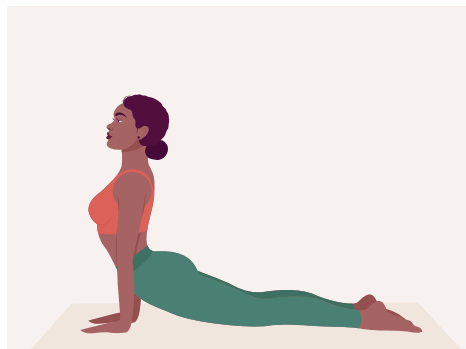
Supine Twist Pose



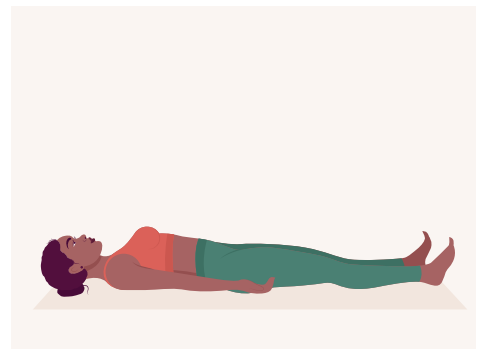
Knees To Chest Pose



Butterfly Fold



Upward Facing Dog



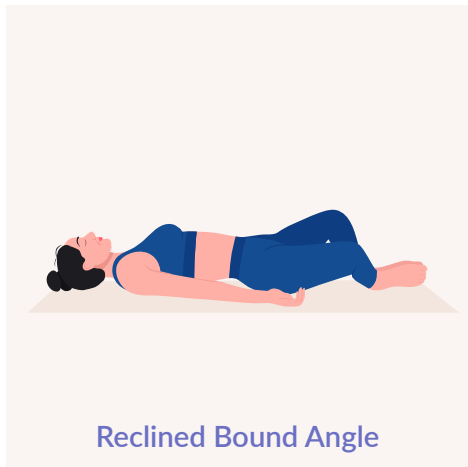
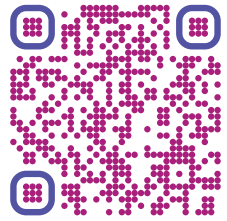
Corpse Pose



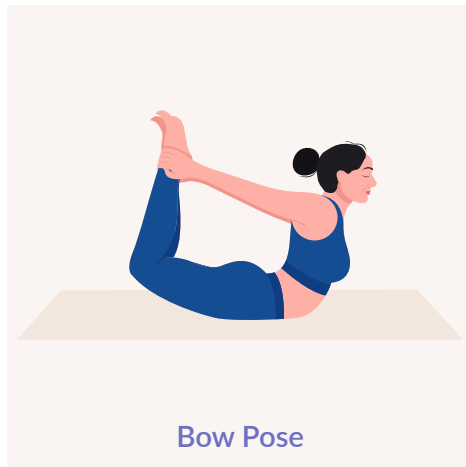
YOGA 4TEENS

YOUTH 13-17 YEARS OLD

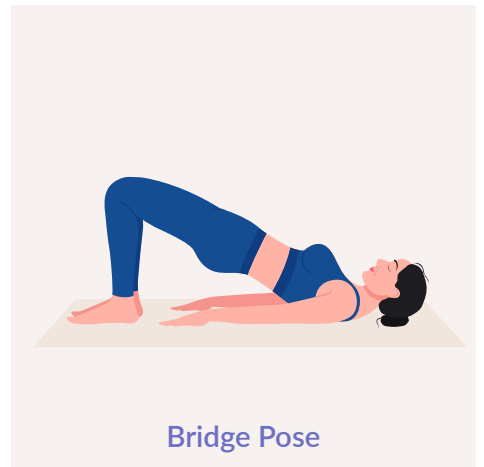
Chill Out,
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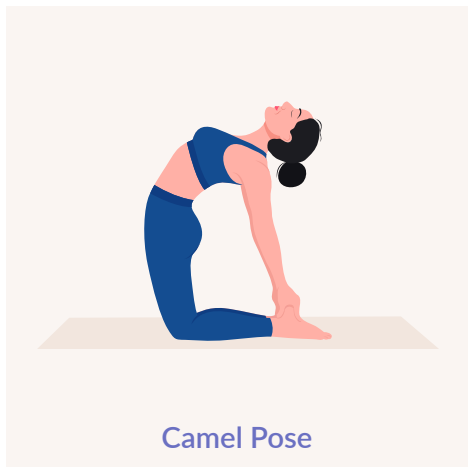
Reclined Bound Angle



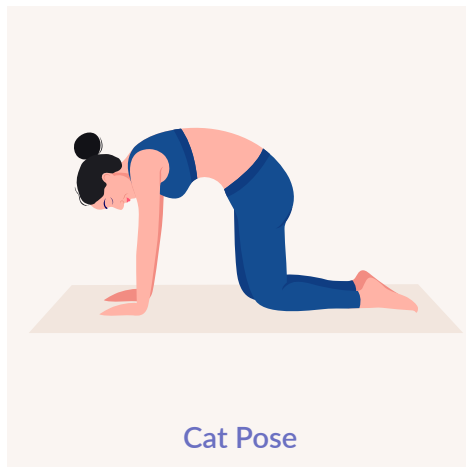
Bow Pose



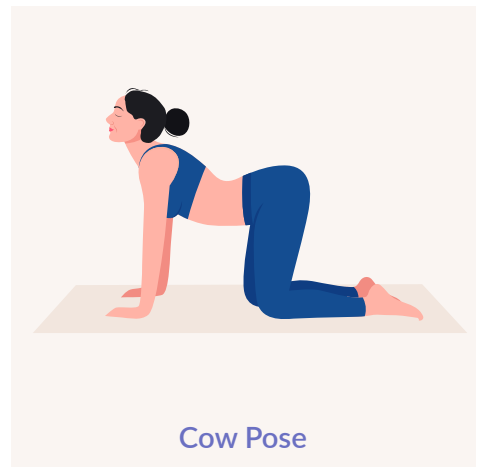
Bridge Pose



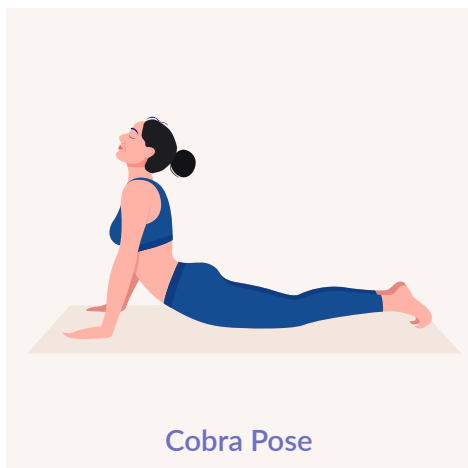
Camel Pose



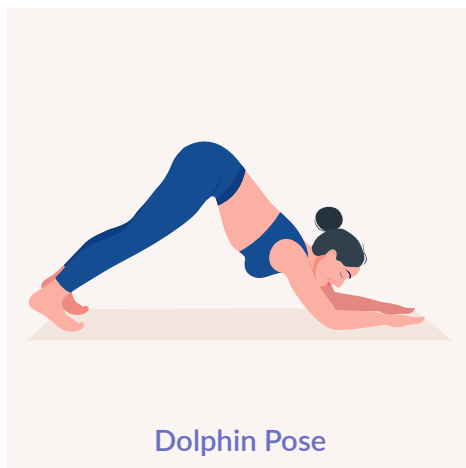
Cat Pose



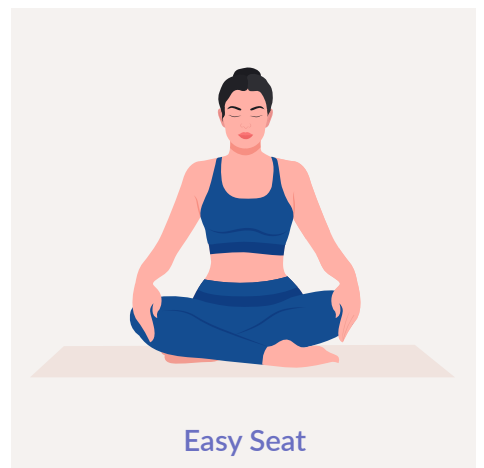
Cow Pose



Cobra Pose



Dolphin Pose



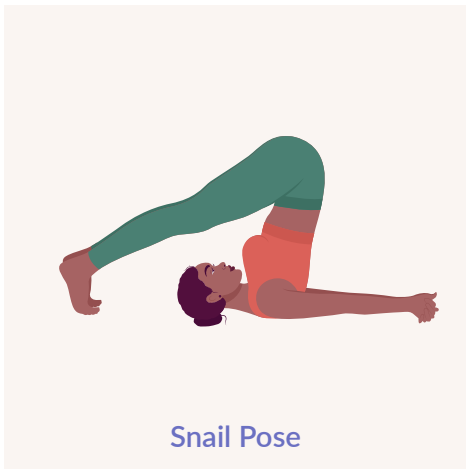
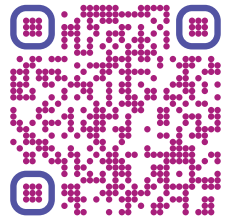
Easy Seat



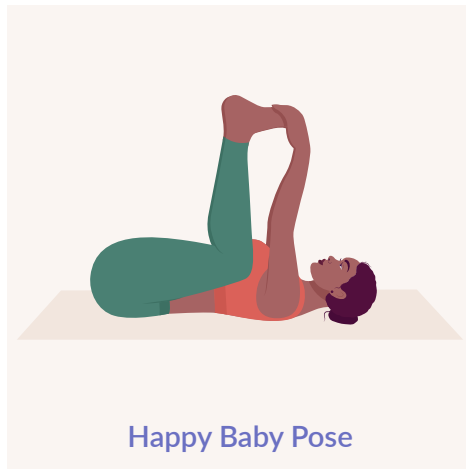
YOGA 4TEENS

YOUTH 13-17 YEARS OLD

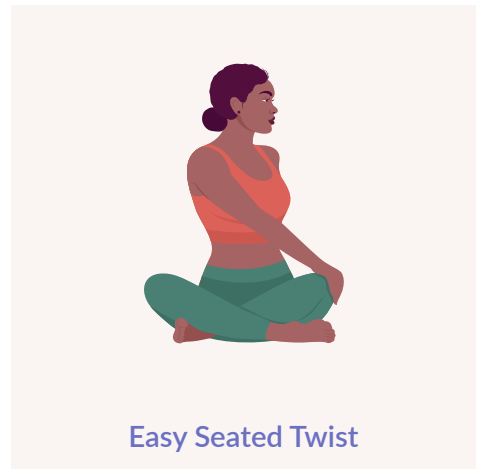
Chill Out,
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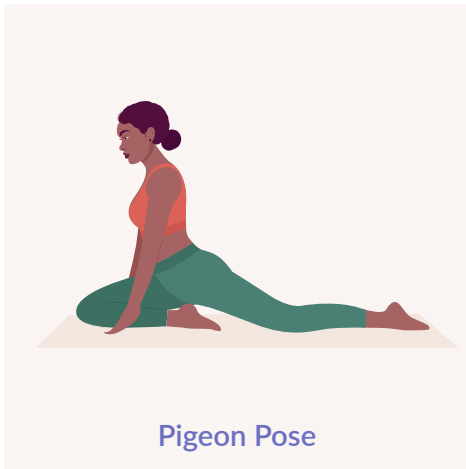
Snail Pose



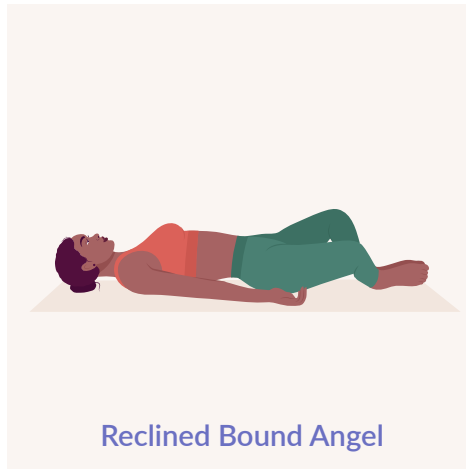
Happy Baby Pose



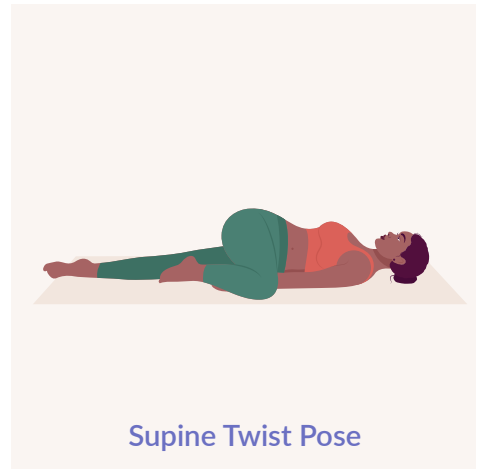
Easy Seated Twist



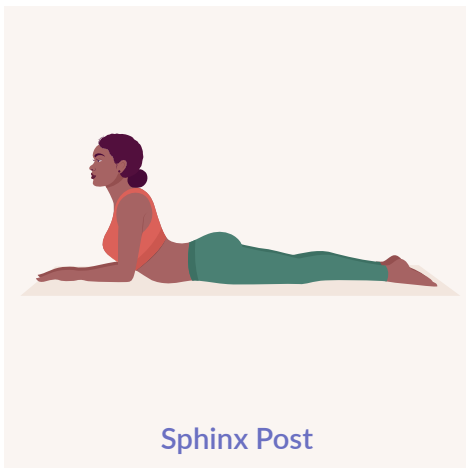
Pigeon Pose



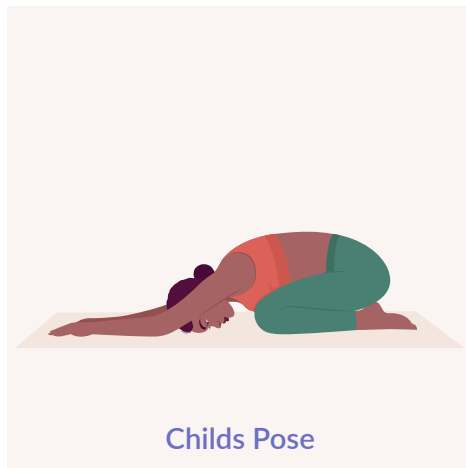
Reclined Bound Angel



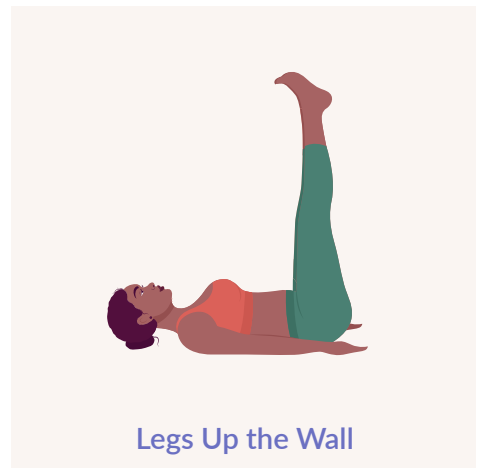
Supine Twist Pose



Sphinx Post



Childs Pose



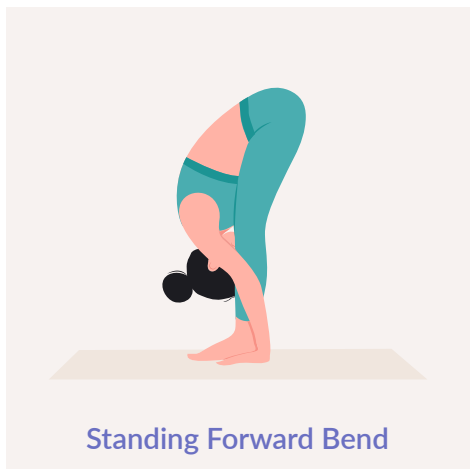
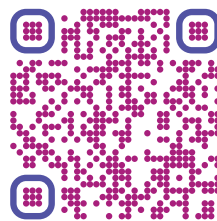
Legs Up the Wall



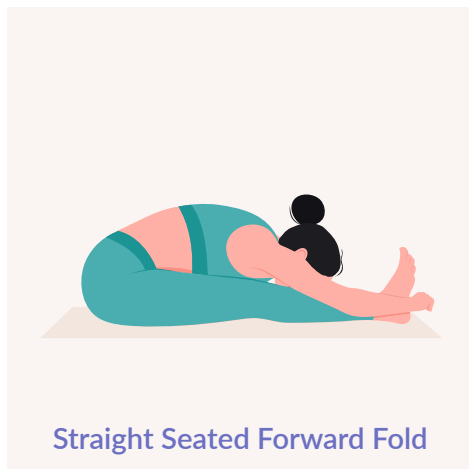
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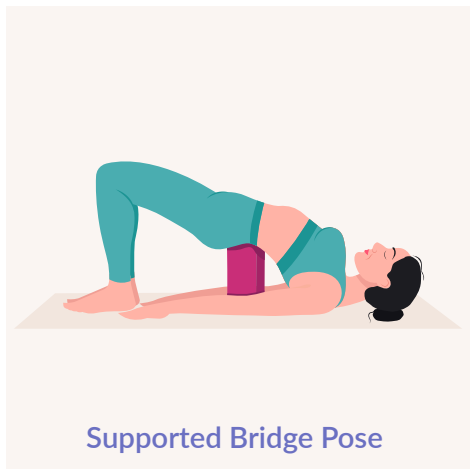
Standing Forward Bend



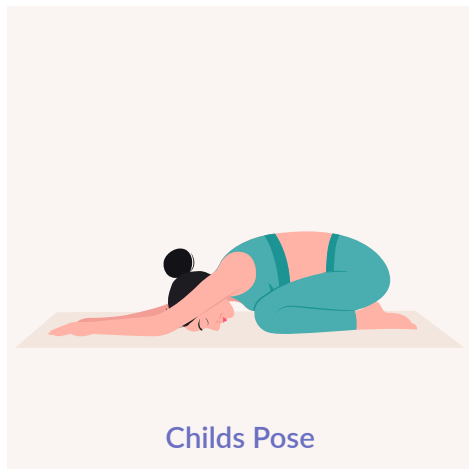
Straight Seated Forward Fold



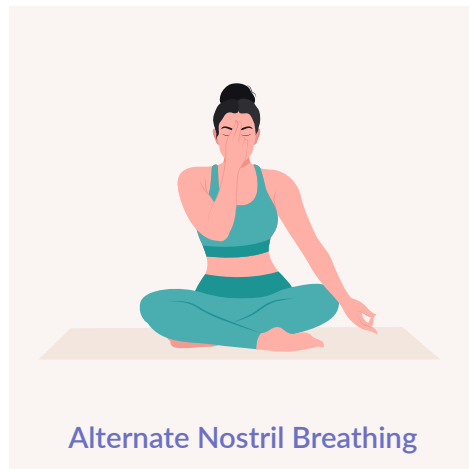
Reclined Pigeon



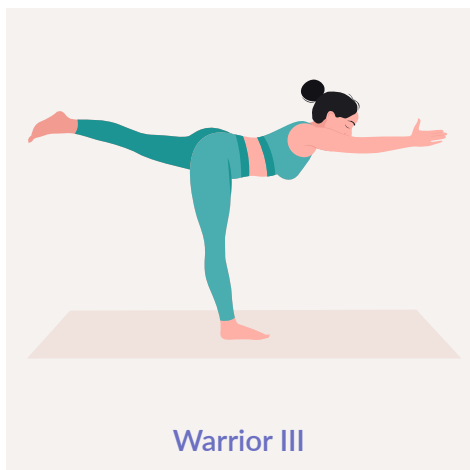
Supported Bridge Pose



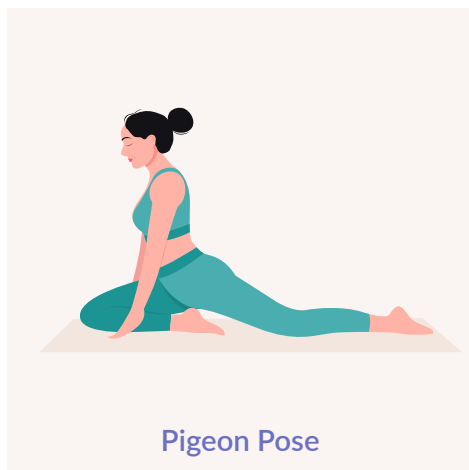
Childs Pose



Alternate Nostril Breathing



Warrior III



Pigeon Pose



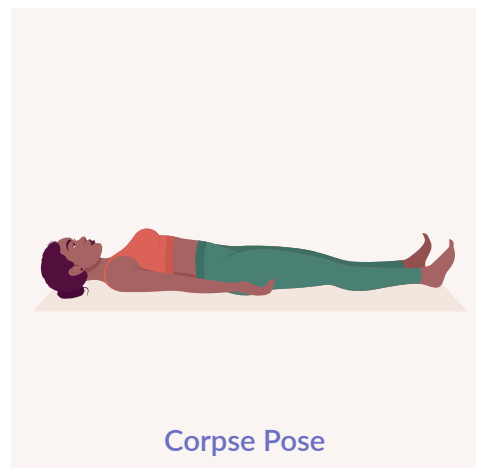
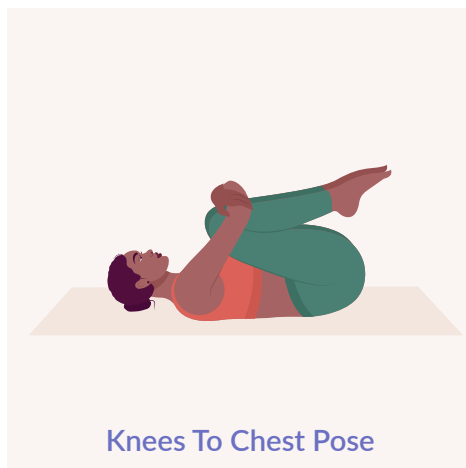
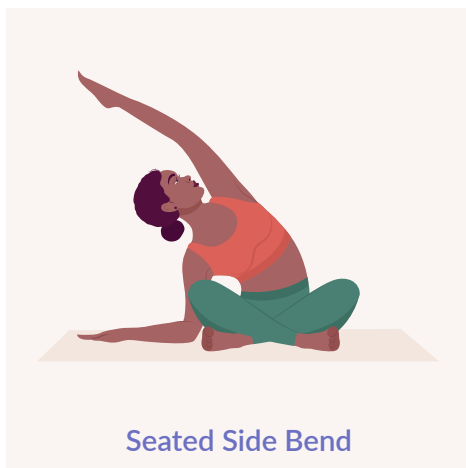
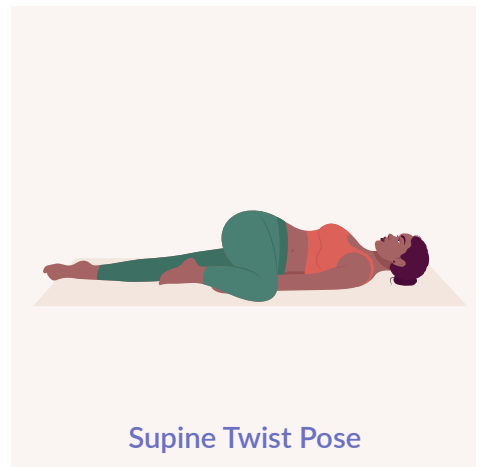
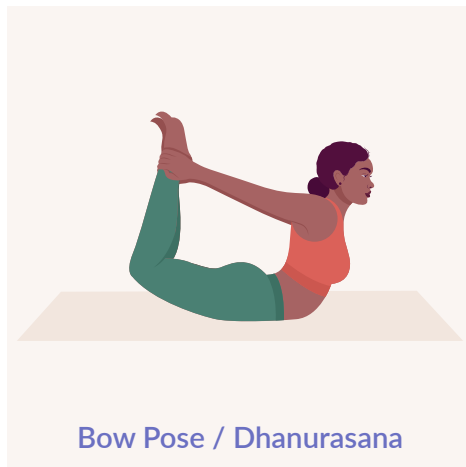
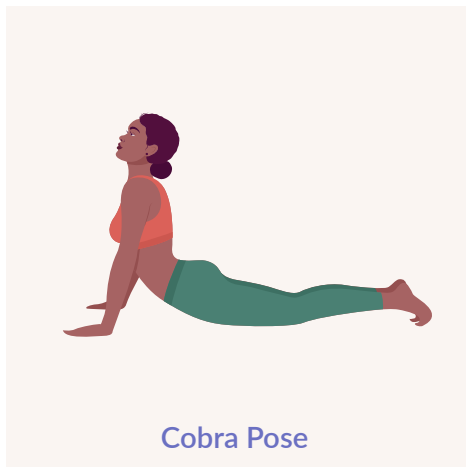
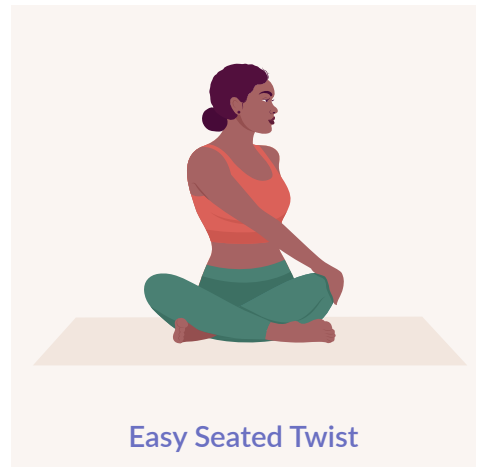
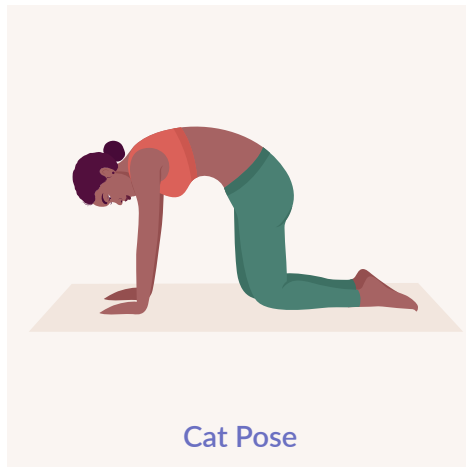
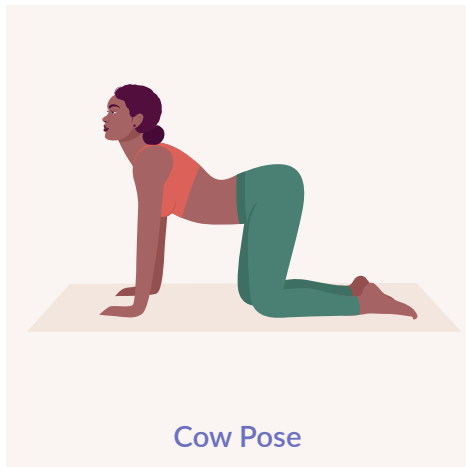
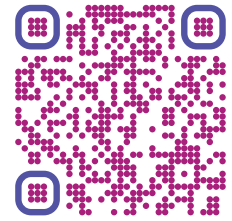
Corpse Pose



YOGA 4TEENS

YOUTH 13-17 YEARS OLD

Chill Out,
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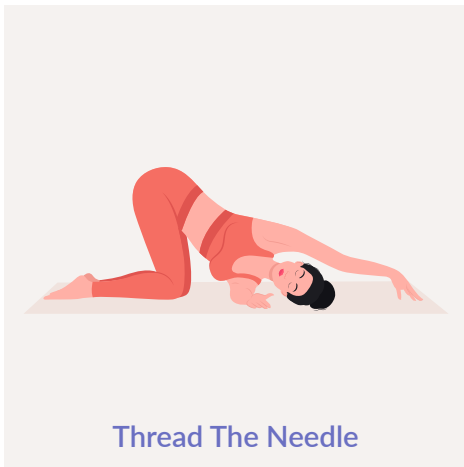
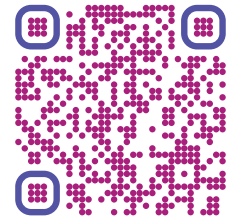




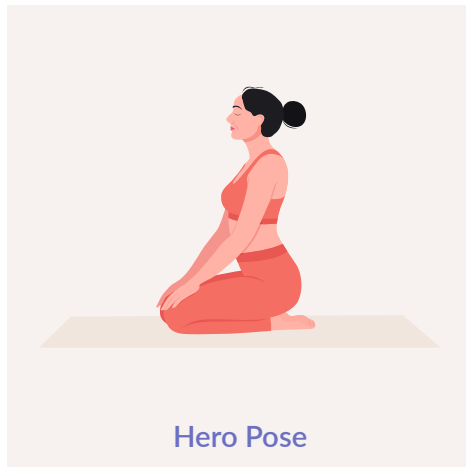
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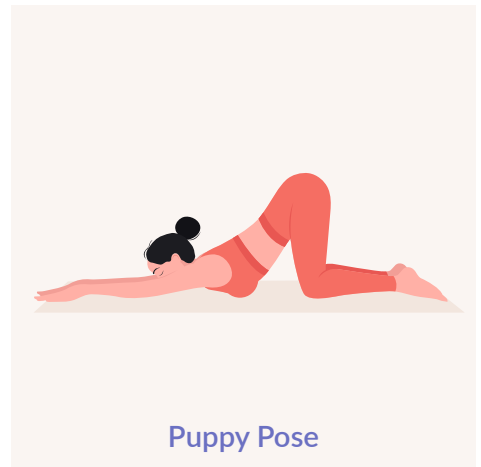
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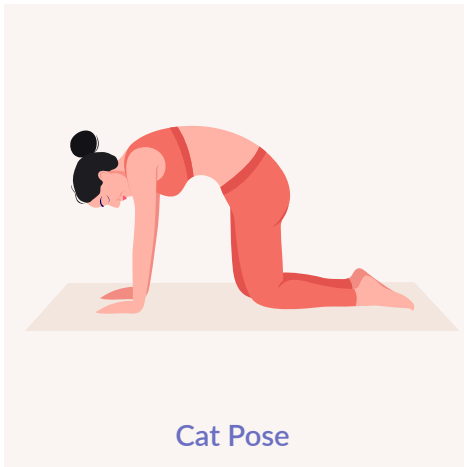
Thread The Needle



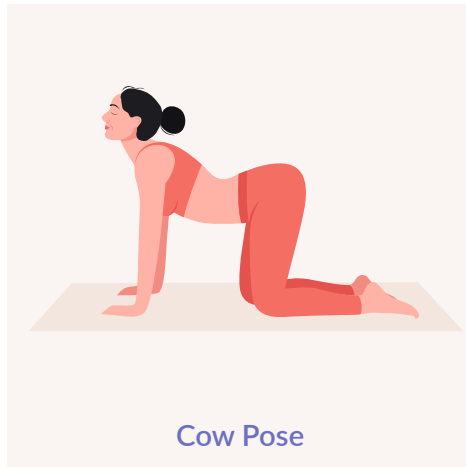
Hero Pose



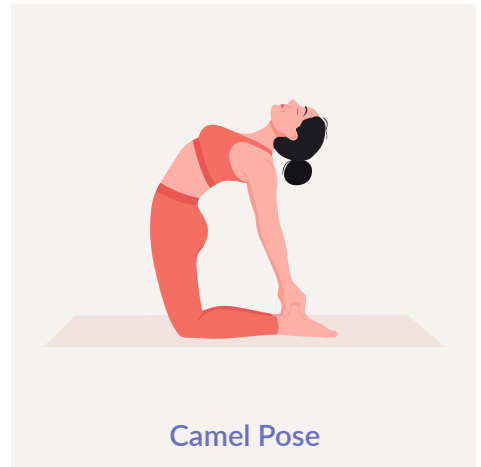
Puppy Pose



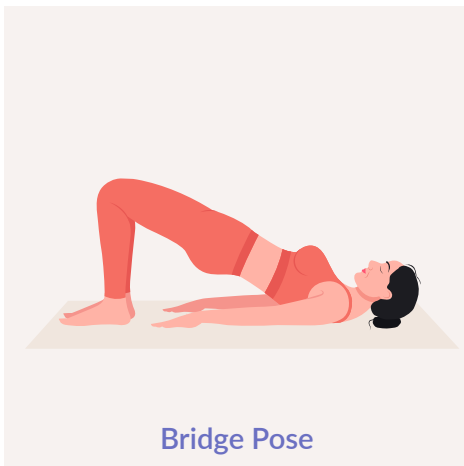
Cat Pose



Cow Pose



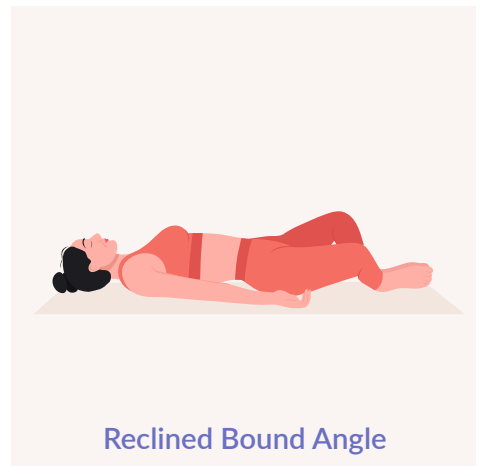
Camel Pose



Bridge Pose



Lord of Fishes



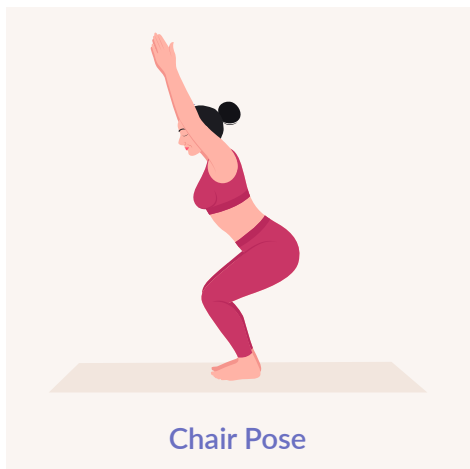
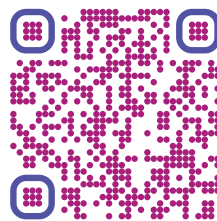
Reclined Bound Angle



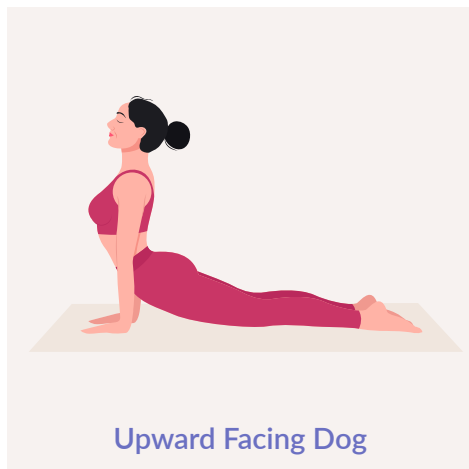
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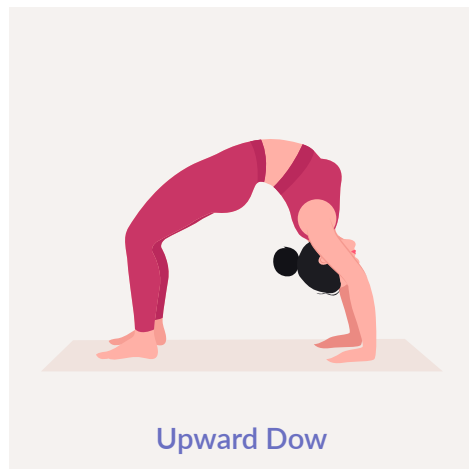
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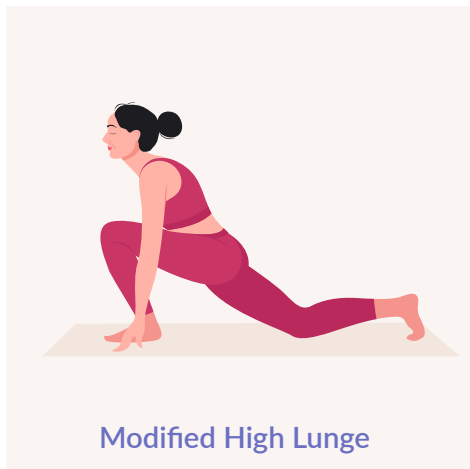
Chair Pose



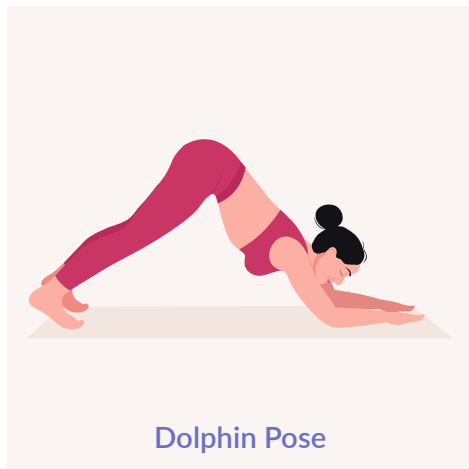
Upward Facing Dog



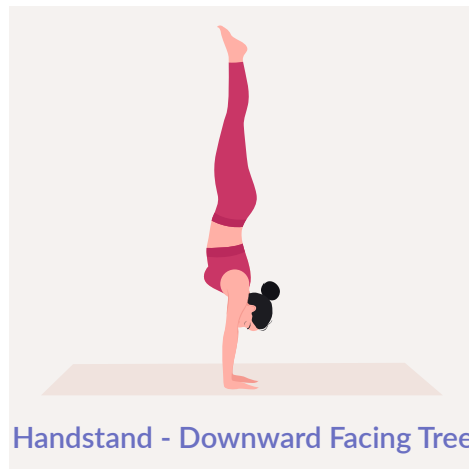
Upward Dow



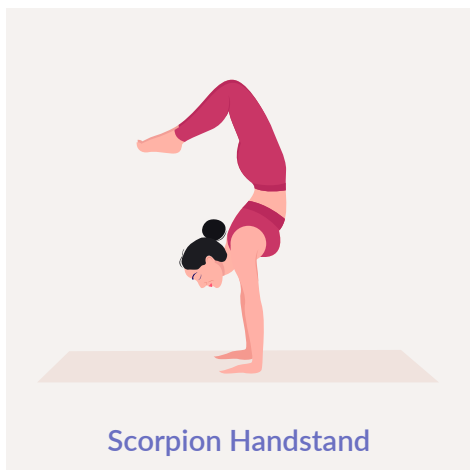
Modified High Lunge



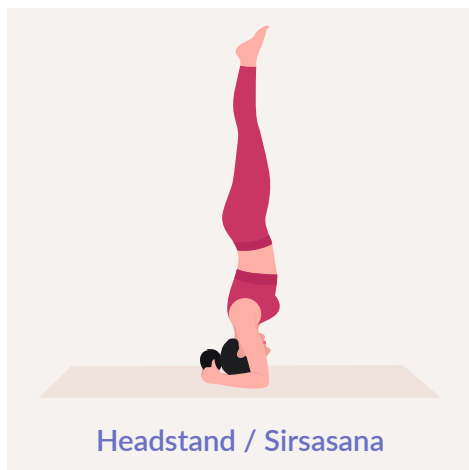
Dolphin Pose



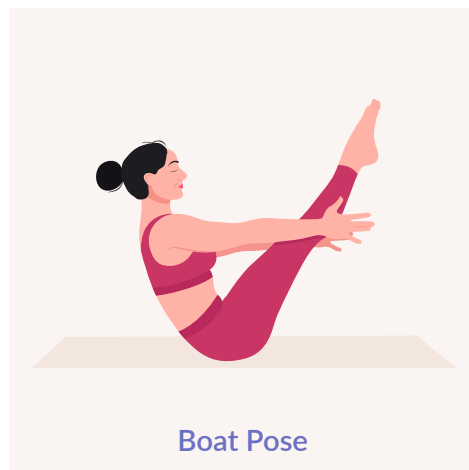
Handstand - Downward Facing Tree



Scorpion Handstand



Headstand / Sirsasana



Boat Pose