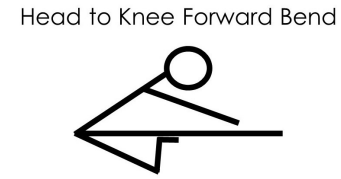
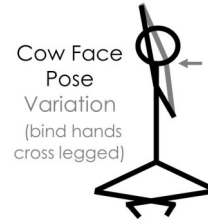
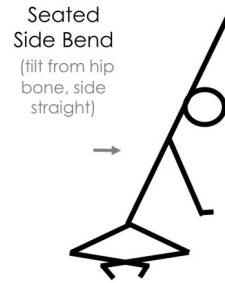
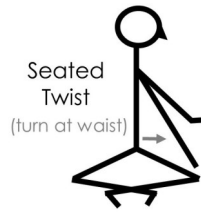
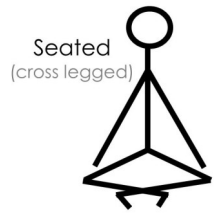


Printable Yoga Stretches

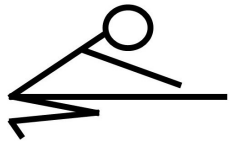
Both Sides

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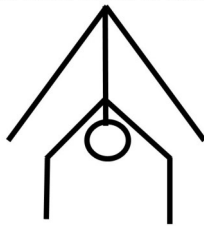


Both Sides

Forward Bend Variation



Seated Wide Leg
Forward Bend & Reach



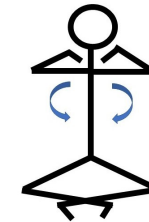
Seated Forward
Bend
(legs crossed)



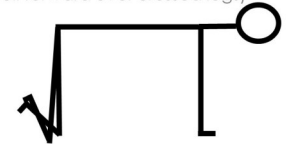
Supported Fish



Shoulder Touch
(fold elbows to front to
touch each other)

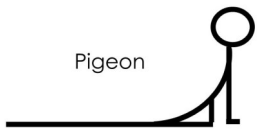


Transition from sit to Table
(roll forward over crossed legs)



Both Sides

Pigeon



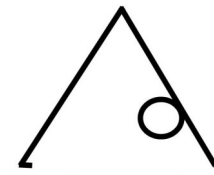
Lizard Plank



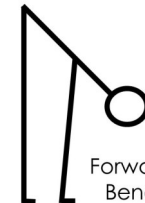
Striking Cobra



Downward
Facing Dog



Forward
Bend



Prayer

