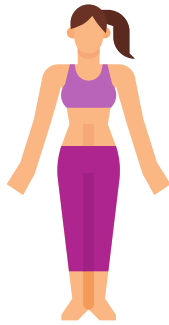


YOGA POSES

5 Min Morning

Hold 10-30s each



Mountain Pose

Ground Yourself



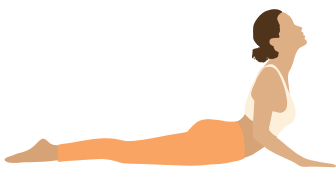
Forward Fold

**Stretch & Release
Tension**



**Downward
Dog**

**Lengthen Your
Spine**



Cobra Pose

Open Your Chest



Child's Pose

**Relax & Calm Your
Mind**

