

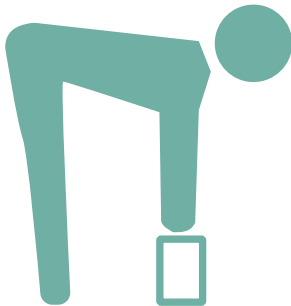
YOGA BLOCKS WORKOUTS



SIDE STRETCH



FOREARM HEADSTAND



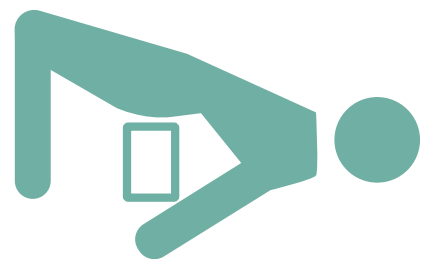
STANDING HALF FORWARD BEND



TRIANGLE POSE



UPWARD DOG



BRIDGE POSE