

7 Yoga Poses

TO HELP WITH
STRESS RELIEF



1. *Child's Pose*



2. *Downward Dog*



3. *Cat and Cow Pose*



4. *Sphinx Pose*



7. *Triangle*



6. *Warrior*



5. *Spinal Twist*

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019