Appendix Figure. Yoga postures.

Yoga Postures

#1 Cobra Posture

#2 Knee to Chest Posture

#3 Wheel Posture

#4 Bridge Posture

#5 Supine Butterfly

#6 Extended Leg Posture

#7 Warrior Posture

#8 Standing Forward Bend

#9 Kneeling Forward Bend

#10 Chair Posture
Appendix Figure. Yoga postures.

#11 Lying Twist

#12 Swimmer’s Posture

#13 Extended Side Stretch

#14 Lunge

#15 Lying Side Hip Strengtheners

#16 Kneeling Lateral Posture

#17 Standing Lateral Posture