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