



Team BWS

Yoga Poses for Flexibility

SHOULDERS

1 Eagle Arms



2 Bow



3 Bridge



4 Cobra



5 Fish



HIPS

6 Pigeon



7 Cowface



8 Wide Legged Fold



9 Crescent Lunge



10 Three Legged Dog



HAMSTRINGS

11 Seated Forward Fold



12 Legs Up the Wall



13 Pyramid



14 Plow



15 Down Dog



BACK

16 Cat/Cow



17 Camel



18 Reclined Twist



19 Child's Pose



20 Standing Fold



Humility

Enjoyment

Resilience

Respect

Discipline