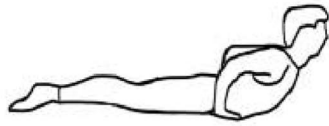


Appendix Figure. Yoga postures.

Yoga Postures



#1 Cobra Posture



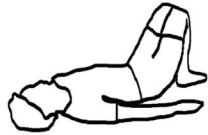
#2 Knee to Chest Posture



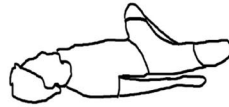
#3 Wheel Posture



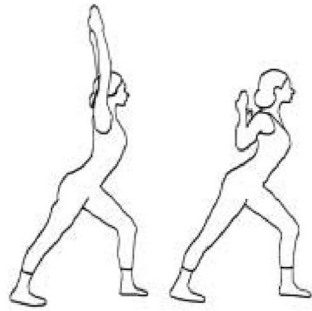
#4 Bridge Posture



#5 Supine Butterfly



#6 Extended Leg Posture



#7 Warrior Posture



#8 Standing Forward Bend

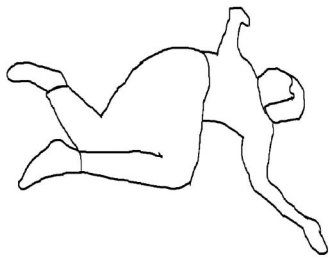


#9 Kneeling Forward Bend

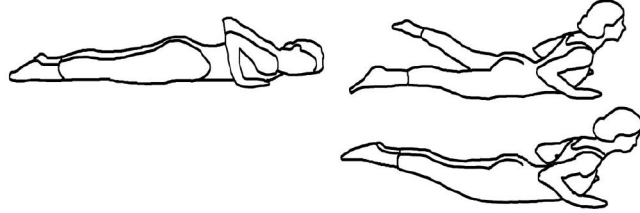


#10 Chair Posture

Appendix Figure. Yoga postures.



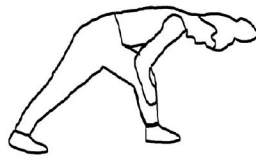
#11 Lying Twist



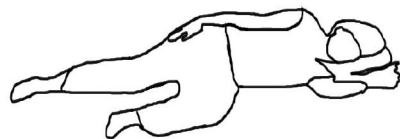
#12 Swimmer's Posture



#13 Extended Side Stretch



#14 Lunge



#15 Lying Side Hip Strengtheners



#16 Kneeling Lateral Posture



#17 Standing Lateral Posture