

unwind

Sylvie Gouin
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1. Easy Pose Sukhasana



2. Cat Cow Pose Bitilasana
Marjaryasana



3. Downward Facing Dog Pose
Adho Mukha Svanasana



4. Dangling Pose Baddha Hasta
Uttanasana



5. Mountain Pose Tadasana



6. Upward Salute Side Bend
Pose Parsva Urdhva Hastasana



7. **Tree Pose** Vrksasana



8. **Plank Pose** Phalakasana



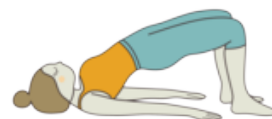
9. **Cobra Pose Hands Off Floor**
Bhujangasana Hands Off Floor



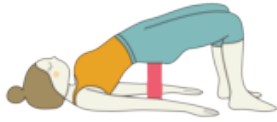
10. **Child Pose** Balasana



11. **Half Lord of the Fishes Pose**
Ardha Matsyendrasana



12. **Bridge Pose**
Setubandhasana



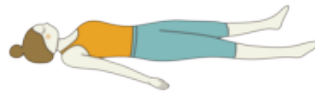
13. Bridge Pose Block
Setubandha Sarvangasana Block



**14. Supine Spinal Twist Eagle
Legs Pose** Supta
Matsyendrasana Garuda Legs
Asana



15. Wind Release Pose
Pawanmuktasana



16. Corpse Pose Savasana



Sylvie Gouin
Your Holistic Lifestyle Specialist
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