

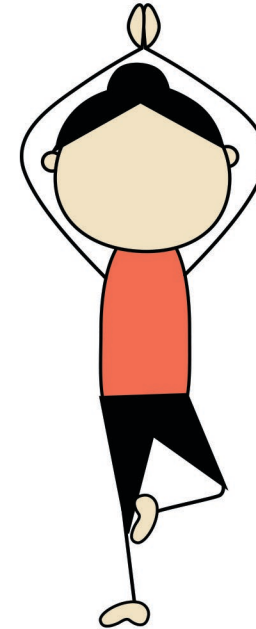
BOAT POSE

NAVASANA

The Boat Pose is a hold in the shape of a letter “V”.
The main purpose is to strengthen your abdominal muscles.



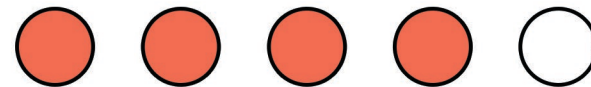
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TREE POSE

VRKSASANA

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.



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