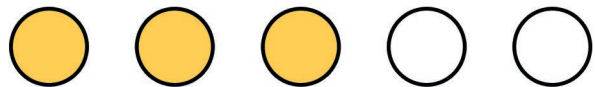


# CHAIR POSE

UTKATASANA

Sometimes known as “Fierce Pose” or “Powerful Pose”, this is great for thigh and quadricep training. The longer you hold the pose, the more effective it will be.



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# LUNGE POSE

ANJANEYASANA

The Lunge Pose has several variations such as resting a knee or reaching to the sky with your arms. It improves balance, concentration and core strength.



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