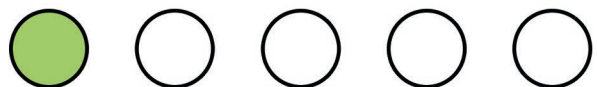


COW POSE

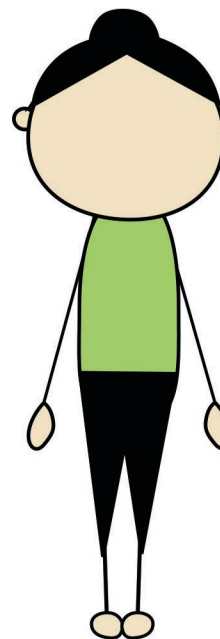
BITILASANA

The Cow Pose is often paired with the Cat Pose as they both do an excellent job of stretching your back. It also opens your chest and helps to build upper body strength.



DIFFICULTY

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MOUNTAIN POSE

TADASANA

The Mountain Pose is the most basic standing posture in yoga. It's the basic building block of all other standing poses, teaching you correct alignment and helping to strengthen your lower body.



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