

Digest

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. **Plank Pose** Phalakasana



5. **Four Limbed Staff Pose**
Chaturanga Dandasana



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



7. **Child Pose** Balasana



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



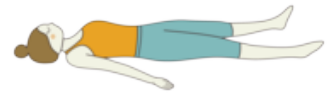
9. **Half Lord of the Fishes Pose**
Ardha Matsyendrasana



10. **Seated Forward Bend Pose**
Paschimottanasana



11. **Wind Release Pose**
Pawanmuktasana



12. **Corpse Pose** Savasana



13. **Easy Pose** Sukhasana



Sylvie Gouin
Your Holistic Lifestyle Specialist
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