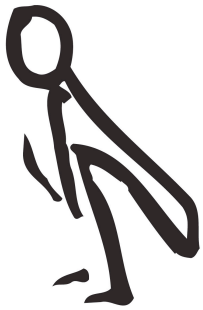
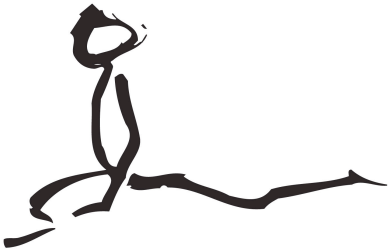
Yoga for Runners

Baddha Konasana
Bound Angle

Gomukhasana
Cow Face



Malasana
Squat



Eka Pada Rajakapotasana
One-Legged King Pigeon

Janu Sirsasana
Head to Knee

Anjaneyasana
Low Lunge

Viparita Karani
Legs Up the Wall

Yoga Stick Figures available for purchase at:
www.YogaFlavoredLife.com