



GIRLFRIENDS GUIDE TO WELLNESS

10 YOGA POSES FOR EVERY DAY



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10 YOGA POSES YOU SHOULD DO EVERY DAY

1. TADASANA (MOUNTAIN POSE)
2. DOWNWARD DOG
3. UP DOG/COBRA
4. CRESCENT LUNGE
5. CAT
6. COW
7. PIGEON
8. HAPPY BABY
9. CHAIR POSE
10. SUPINE TWIST

MORE ON THE BLOG:

[HTTPS://GIRLFRIENDSGUIDETOWELLNESS.COM/10-YOGA-POSES-YOU-SHOULD-DO-EVERY-DAY/](https://girlfriendsguidetowellness.com/10-yoga-poses-you-should-do-every-day/)