



Kate Kendall
@activeyogi

Hero's pose

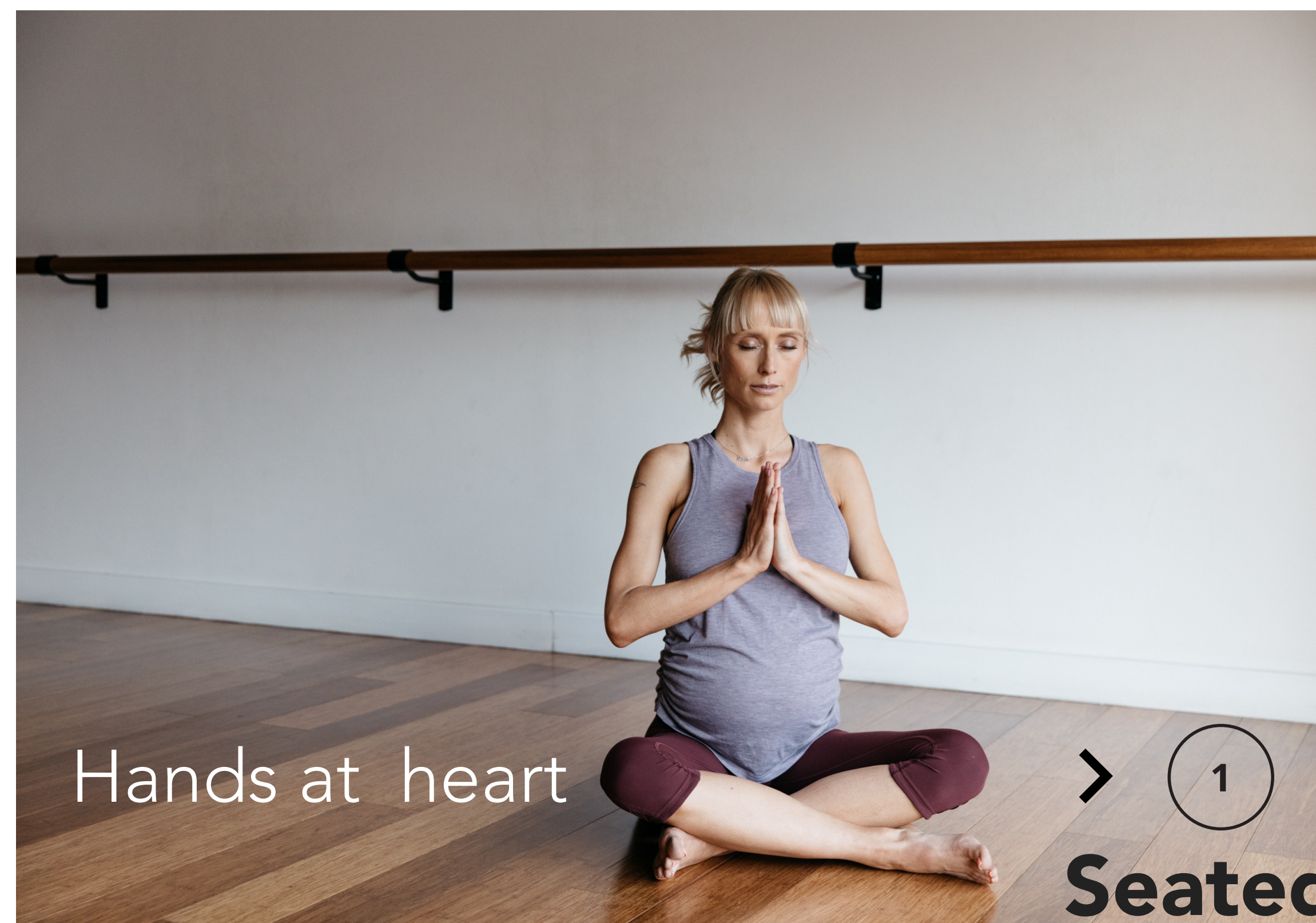


Yoga poses for mindfulness



Child's pose

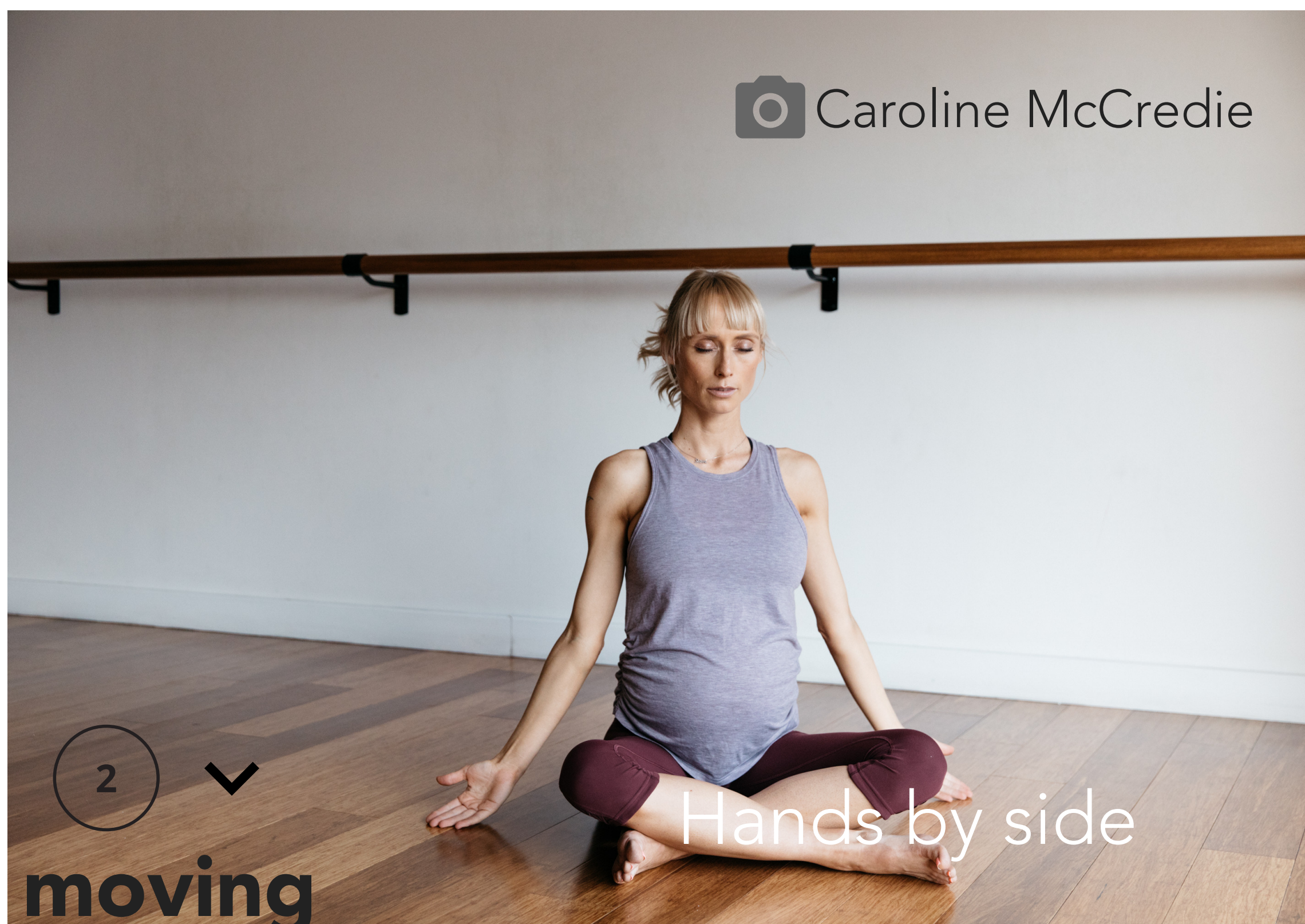
BLACKMORES



Hands at heart

> 1

Seated moving



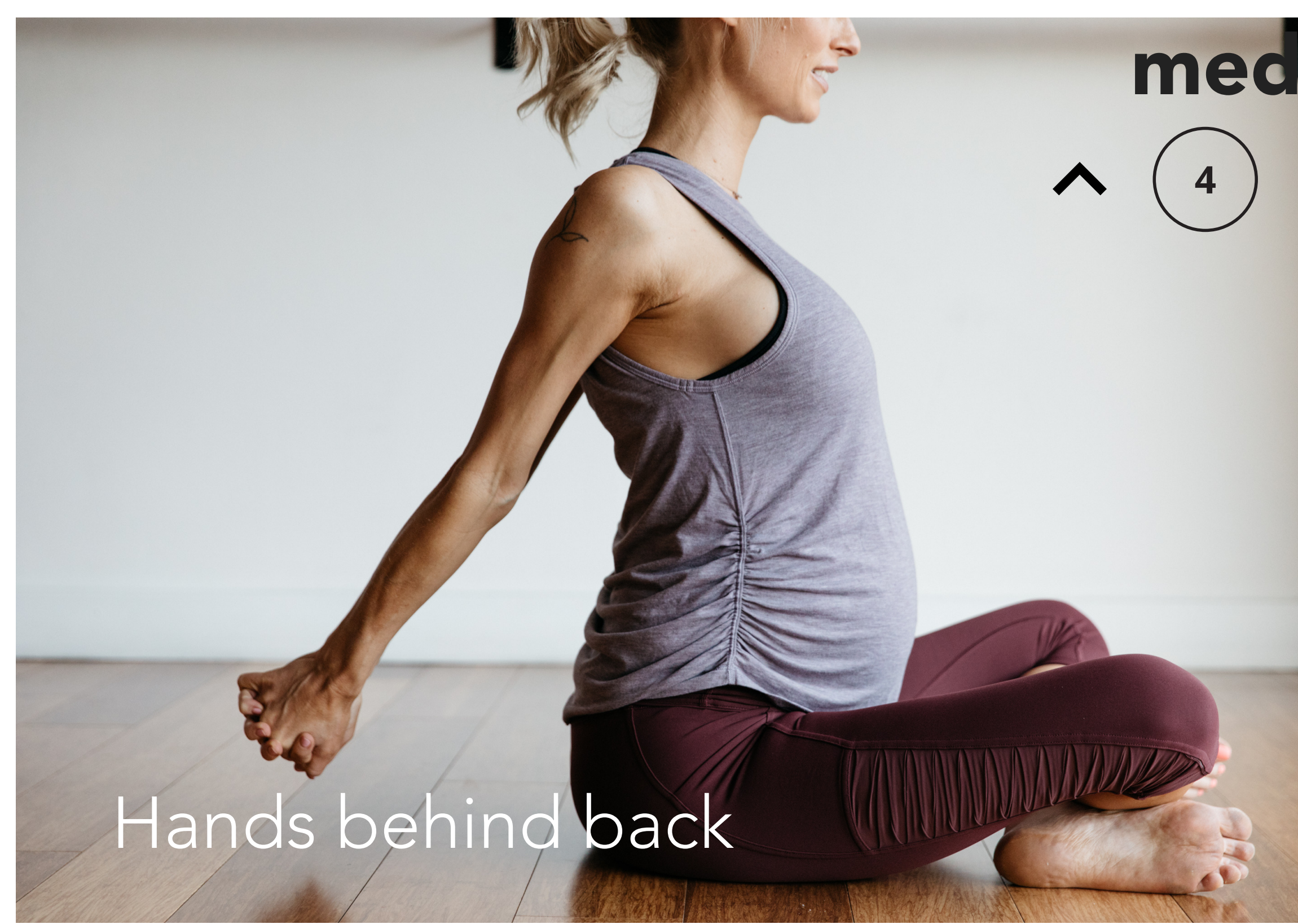
Caroline McCredie

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Hands by side



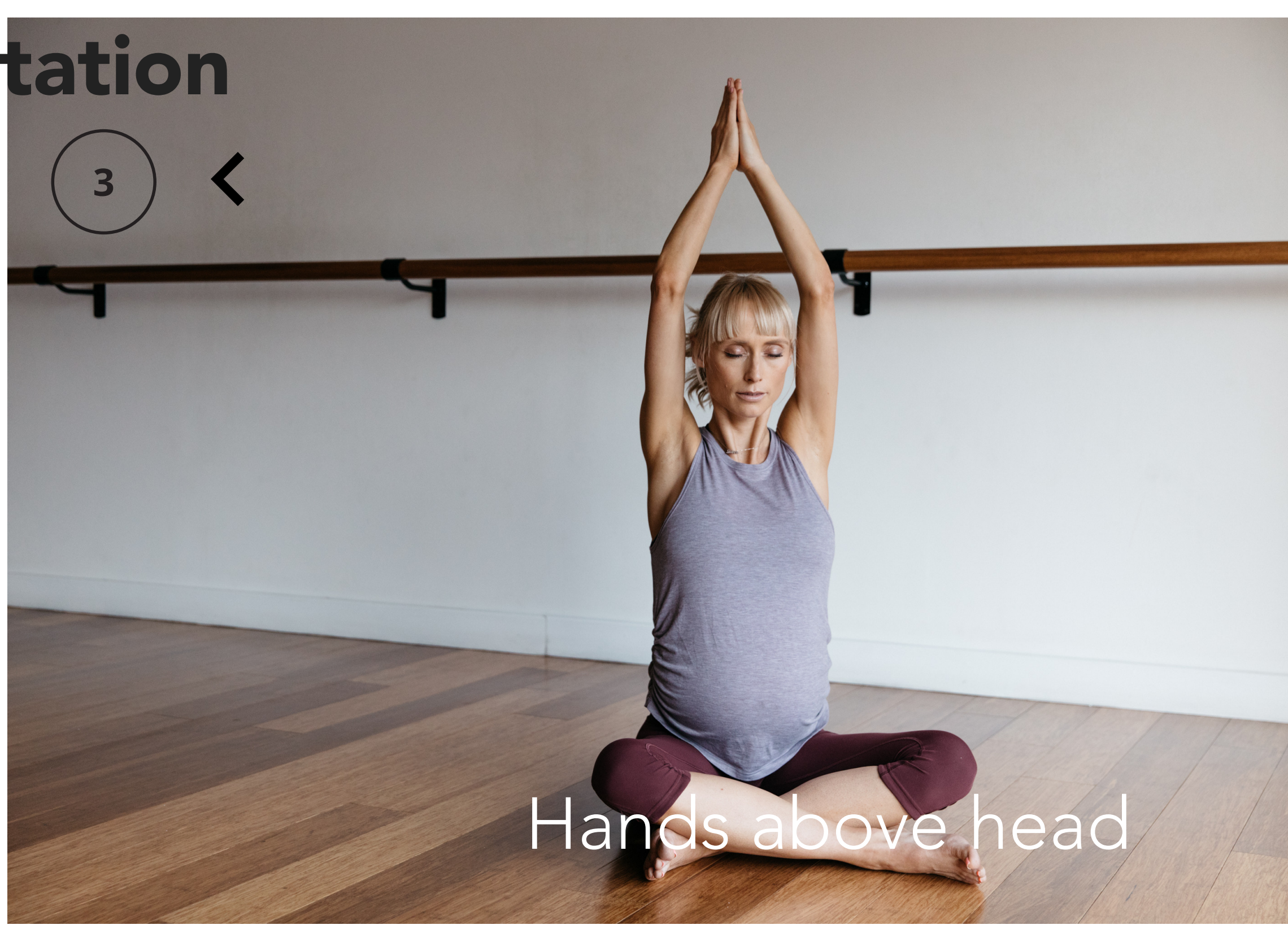
Lateral bend



Hands behind back

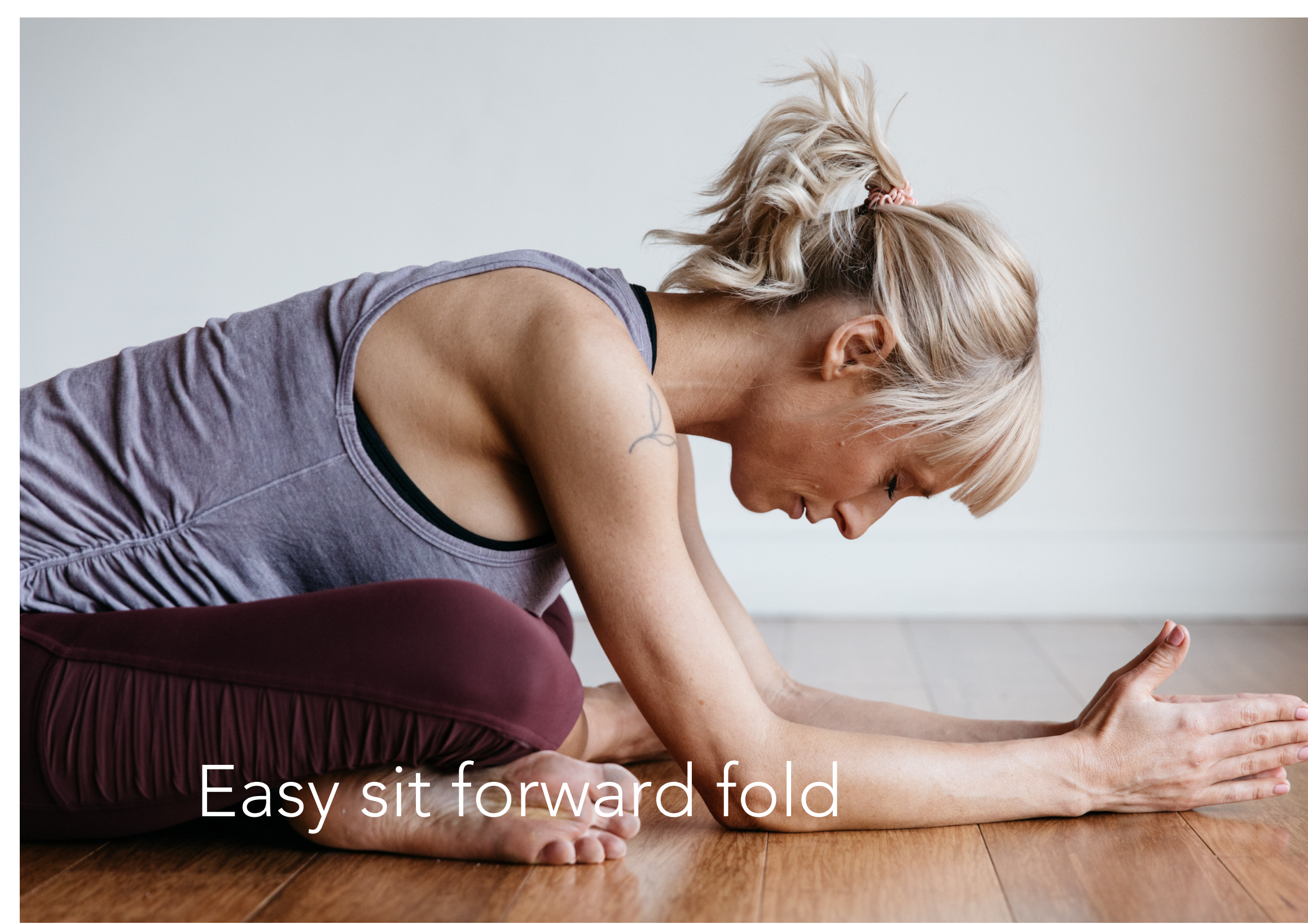
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meditation



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Hands above head



Easy sit forward fold