

Yoga in the office  
(without looking too crazy...)

Parvatasana



Gomukasana



Garudasana



Urdhva Hastasana with backbend



Chest opening and stretch of the neck



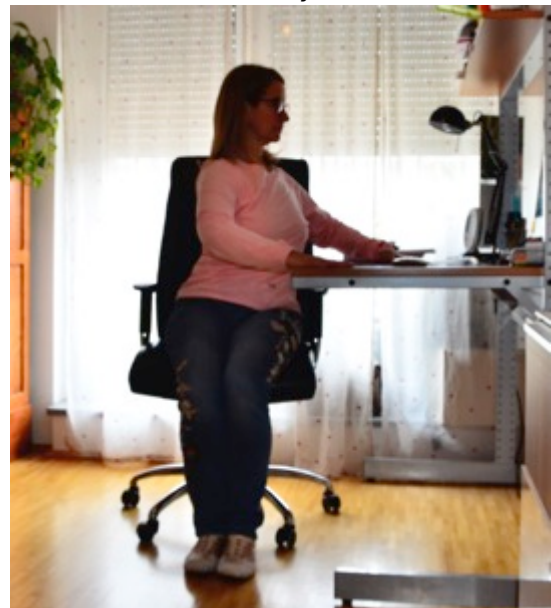
Adho Mukha Virasana



Kurmasana



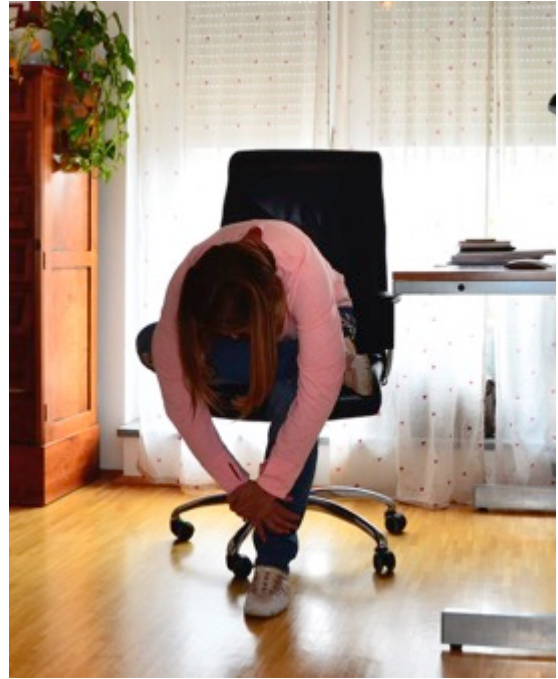
Bharadvajasana



Ardha Padmasana



Ardha Padmasana with forward bend



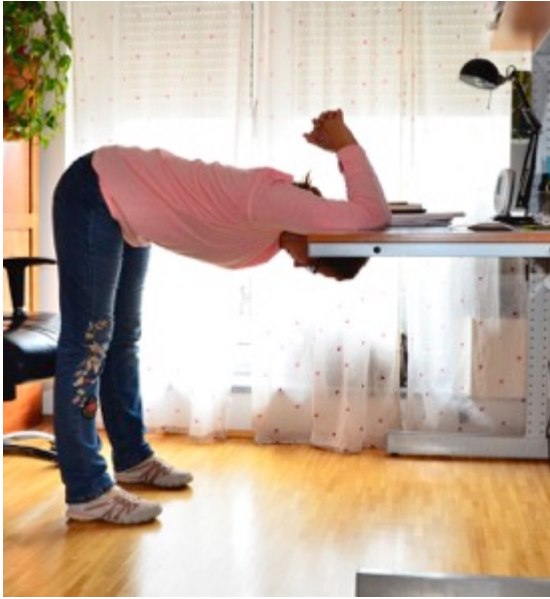
Pasasana



Lateral stretch



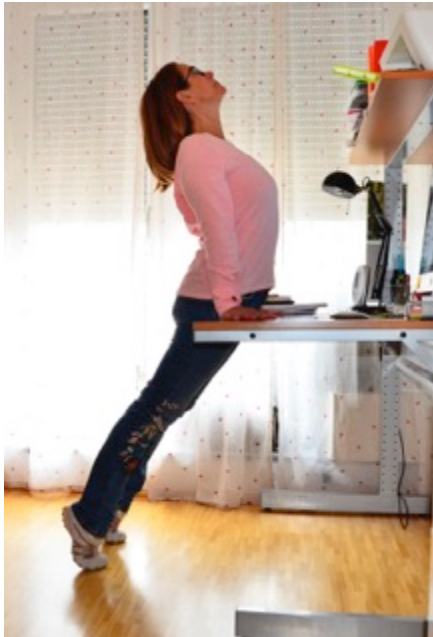
Ardha Uttanasana



Adho Mukha Svanasana



Urdhva Mukha Svanasana



Purvottanasana



Utthita Eka Pada Bekasana



Ballerina :-)

