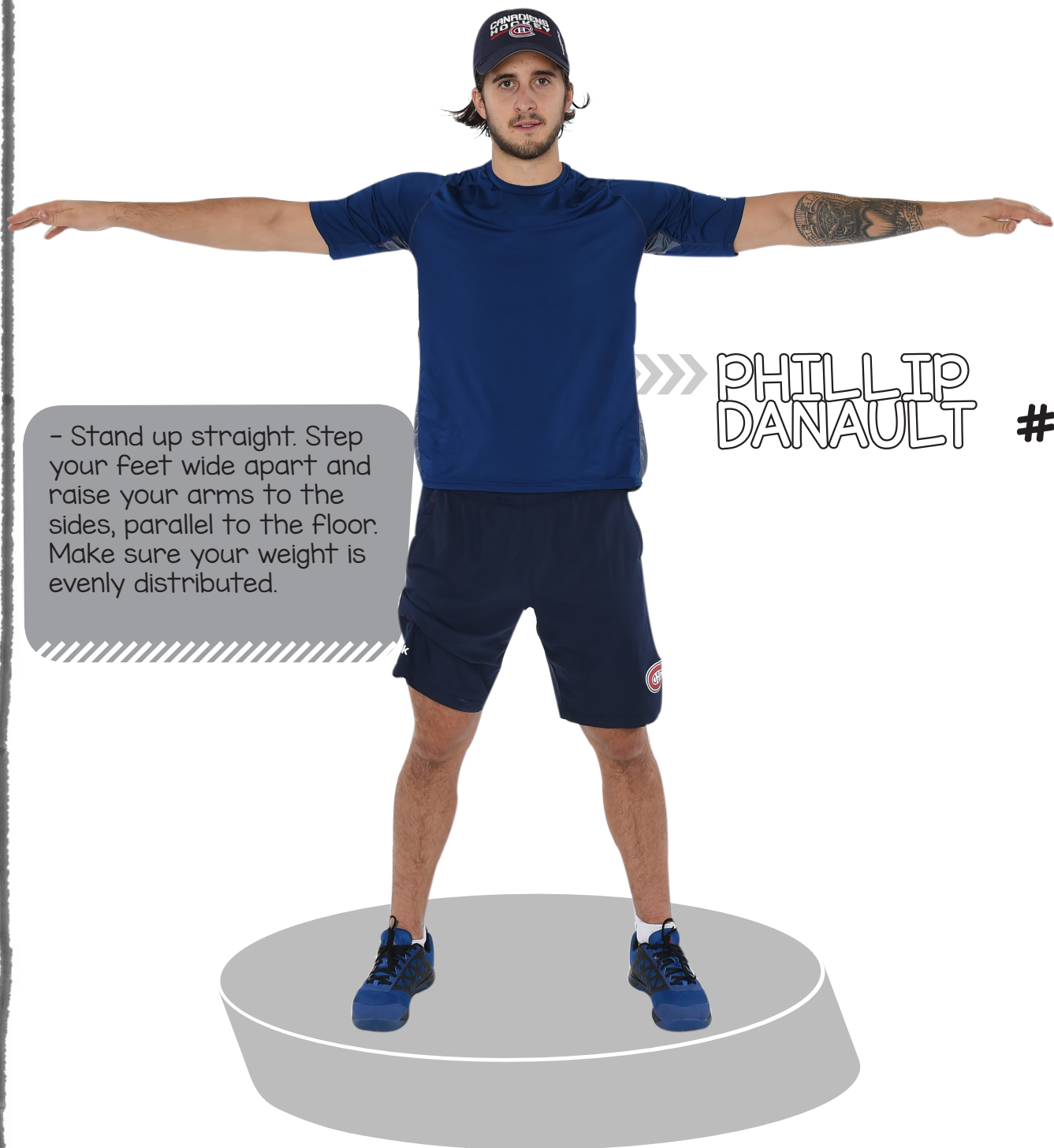


EXTENDED ARMS AND LEGS POSE



- Stand up straight. Step your feet wide apart and raise your arms to the sides, parallel to the floor. Make sure your weight is evenly distributed.

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FORWARD BEND POSE II

- Stand up straight. Step your feet wide apart and slowly bend your upper body forward. Put your palms on the floor and look straight down.



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CROW POSE

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- Stand with your feet a bit wider than at your hips' width. Squat down. Put your hands on the floor. Look straight.



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WARRIOR POSE I

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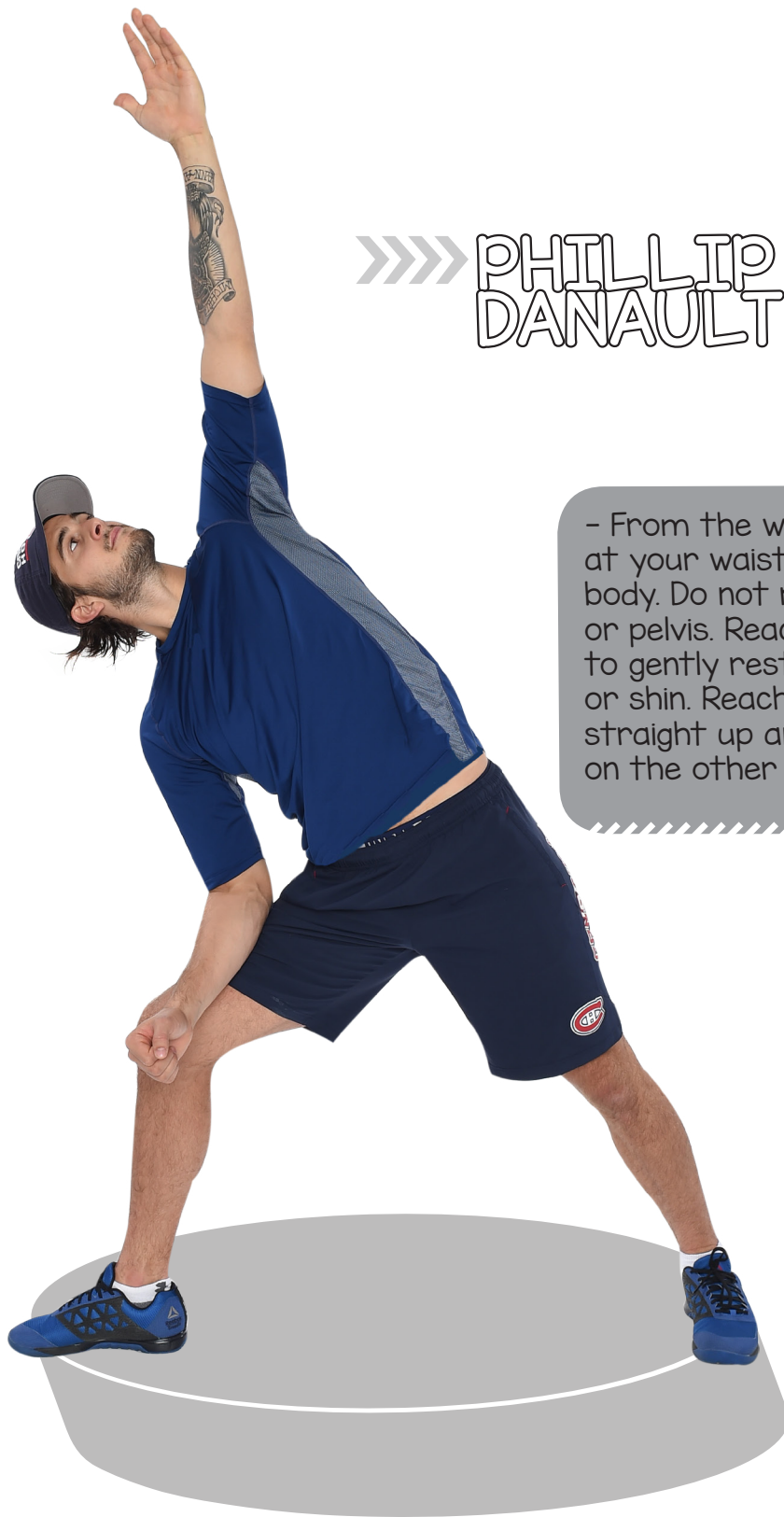
- From standing position, step your left foot back. Stretch your hands to your sides. Rotate your left foot 90 degrees. Rotate your arms, pelvis and torso as much to the left as you can. Bend your right knee trying to reach a 90-degree angle. Keep your left leg straight and firm, your heel is on the floor. Look forward at your right hand. Repeat on the other side.



TRIANGLE POSE

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- From the warrior pose, bend at your waist, tilting your upper body. Do not rotate your torso or pelvis. Reach your front hand to gently rest on your thigh or shin. Reach your other arm straight up and look up. Repeat on the other side.

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