

# Yoga for Cyclists

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1. Goddess Pose



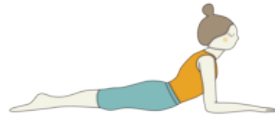
2. Bound Angle Pose



3. Cow Face Pose



4. Cat Cow Pose



5. Sphinx Pose



6. Downward Facing Dog Pose



7. Crescent Low Lunge Pose  
Variation Knee On Floor



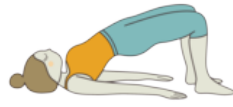
8. Sleeping Swan Pose



9. Camel Pose Variation 1



10. Reclined Hero Pose Variation  
Elbows



11. Bridge Pose



12. Legs Up The Wall Pose Bolster