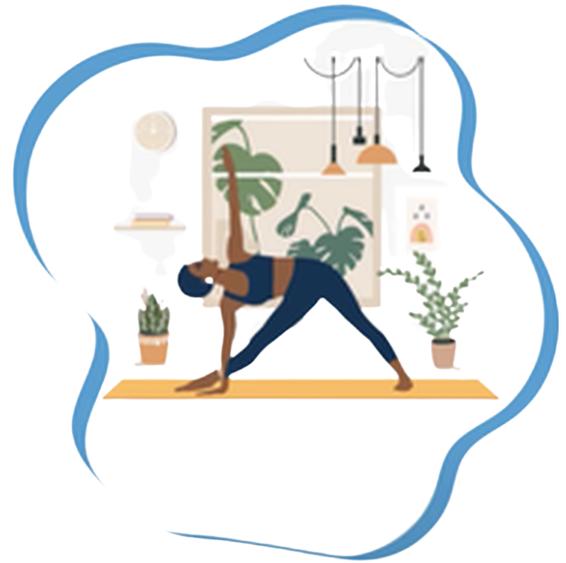


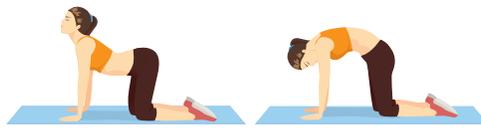
# Stress Relief YOGA POSES



Yoga can enhance your mood and overall sense of well-being. Here are some recommended yoga poses that can help melt your stress.



**Standing Forward Bend**



**Cat-Cow Pose**



**Easy Pose**



**Head to Knee Forward Bend**



**Bridge Pose**



**Child's Pose**



**Corpse Pose**

If you have questions about these exercises, email [15forme@enrichvisits.com](mailto:15forme@enrichvisits.com), where a certified health coach is available to provide you with additional support.