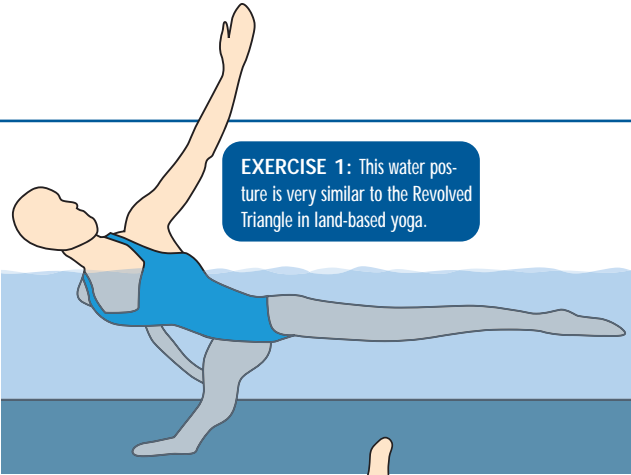



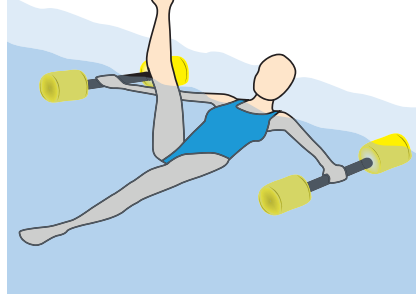
WATERFITNESS



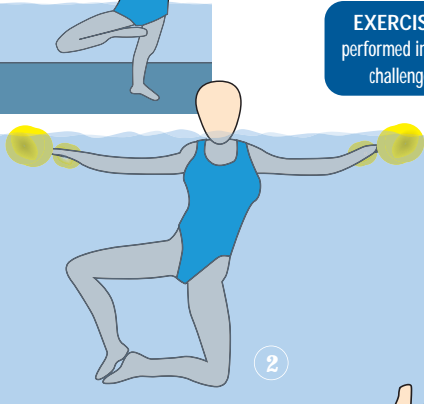
EXERCISE 1: This water posture is very similar to the Revolved Triangle in land-based yoga.




EXERCISE 2: Yoga Afloat allows progression from beginner's movements (such as this classic yoga posture) to more advanced tasks.



EXERCISE 3: The Extended Leg Pose performed in water presents a similar core challenge to its land-based equivalent.



EXERCISE 5: Clinicians will recognize this yoga balance position as the familiar classic Runner's Stretch.



EXERCISE 4: Yoga Afloat instructors can make use of buoyancy bells and bars to provide stabilization for core challenges.

ILLUSTRATIONS BY NICK ORABOVIC