

MEDITATION

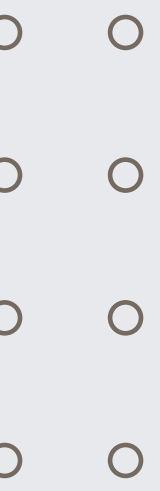
TO BOOST YOUR
CONFIDENCE



**Meditation helps to build
confidence by stopping the
negative self-talk**

www.spiritedparrotlet.com

It relieves stress



Gives more confidence

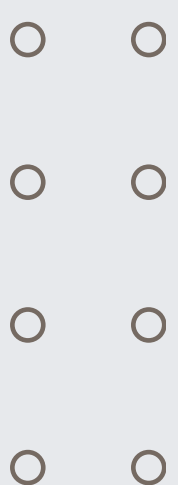
Stops negative thinking

Gives better posture

Reduces the anxiety

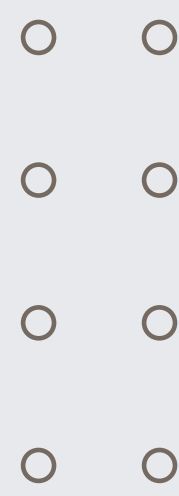
Gives better focus

Gives better clarity to mind



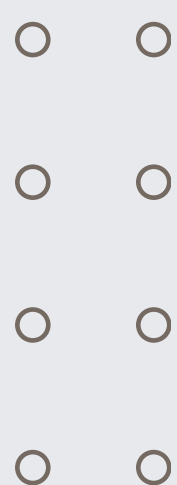
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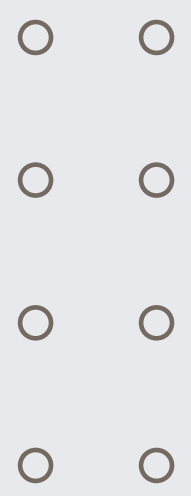
B A L A S A N A

Child's pose



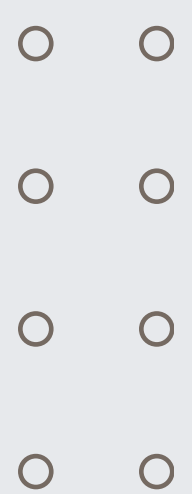
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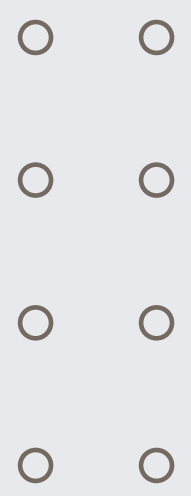
V R K S A S A N A

Tree pose



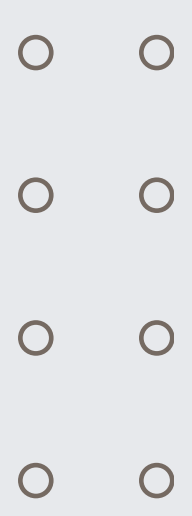
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T A D A S A N A

Mountain pose



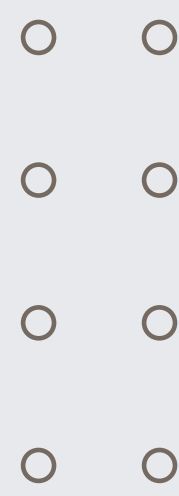
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ADOMUKHA
SVANASANA

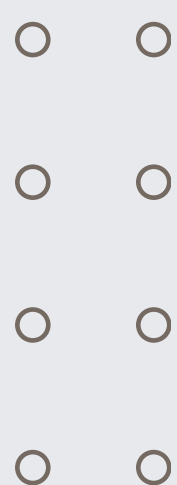
Downward facing dog pose





ANJANEYASANA

Low lunge pose



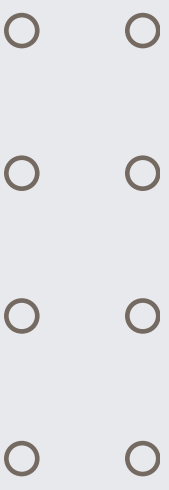
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VERABHADRASANA I

Warrior I pose



VERABHADRASANA II

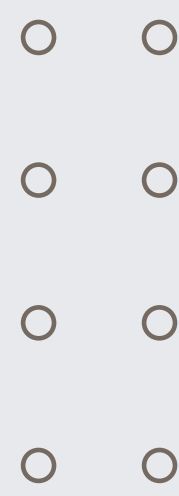
Warrior II pose



URDHVA MUKHA SVANASANA

Upward facing dog pose





B A D D H A K O N A S A N A

Bound angle pose

