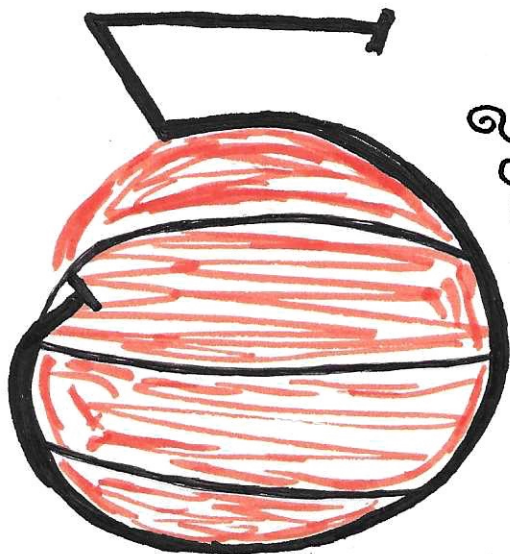


Friendzine presents...

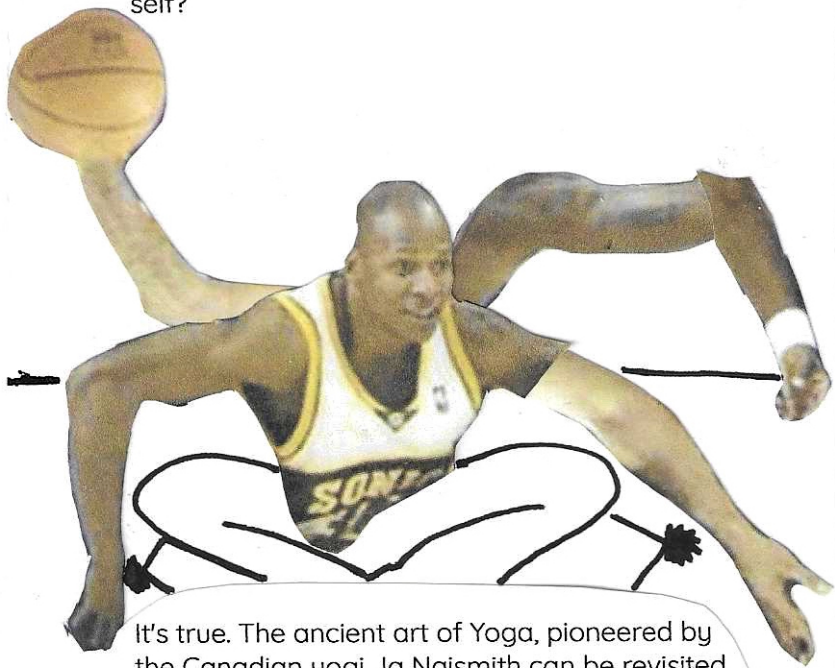
Stretch



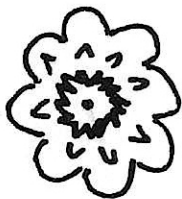
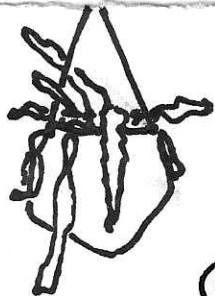
yoga
poses
for
every
NBA
fan

Words By: RENÂULT / Art By: Conny DeWitt

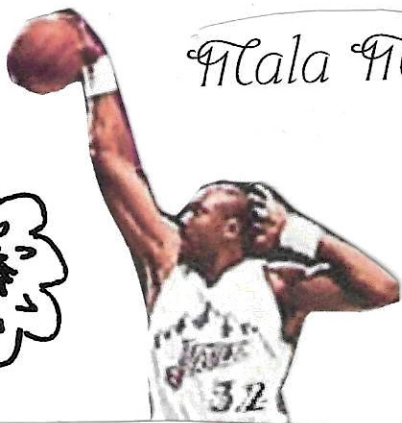
Your dedication of rooting for your favorite NBA teams is valiant and impactful, no doubt. But did you know, you could be doing so much more in you fandom, for your team and for your flabby self?



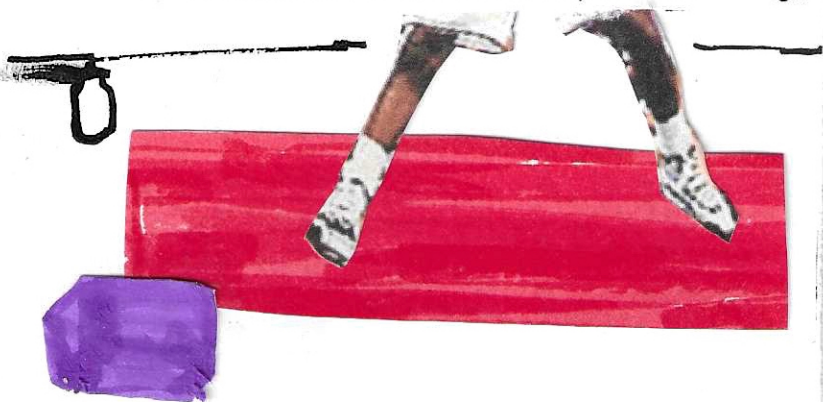
It's true. The ancient art of Yoga, pioneered by the Canadian yogi Ja Naismith can be revisited to great effect. Warrior heroes throughout the ages have demonstrated these five poses which are sure to provide a limber mind, body and free throw percentage.



Kala Man

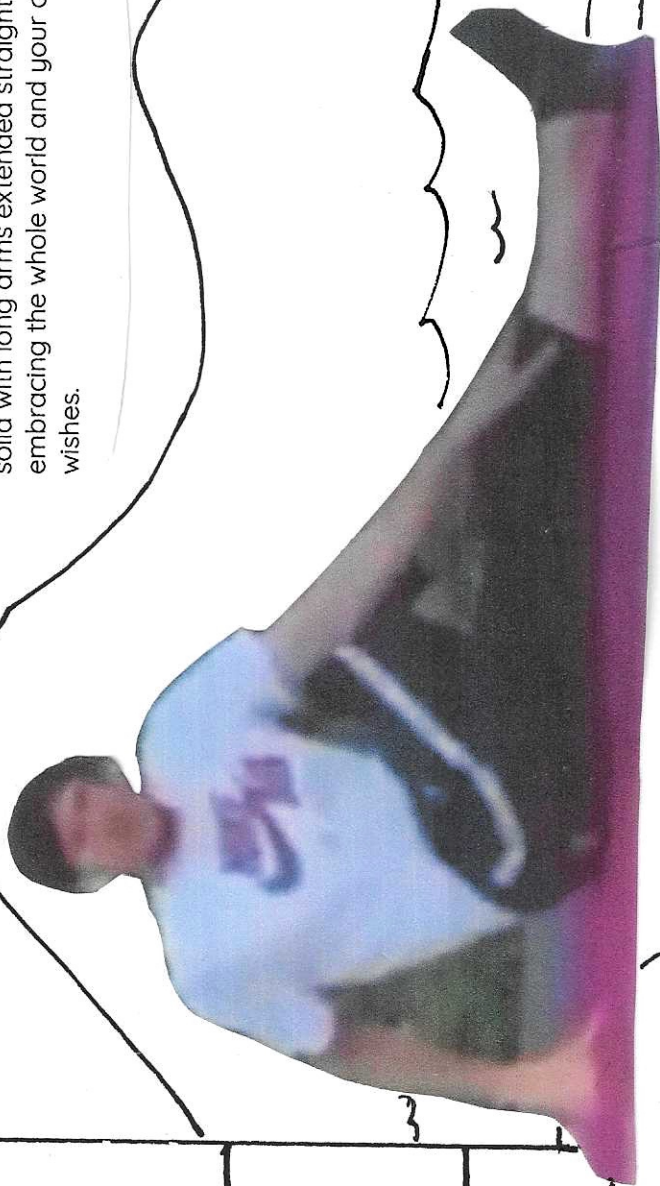


The classic Karl Malone pose any true fan can recall in an instant. Legs spread in Jazz-1, right arm extended to the heavens and left elbow tucked elegantly with hand at back of the head, stating I am both Awake and Asleep at once.



Boba Q

Get big in this simple pose. You are the world. You are larger than life and you are undeniably benevolent as you stand tall, chest out, legs solid with long arms extended straight out, embracing the whole world and your coaches wishes.



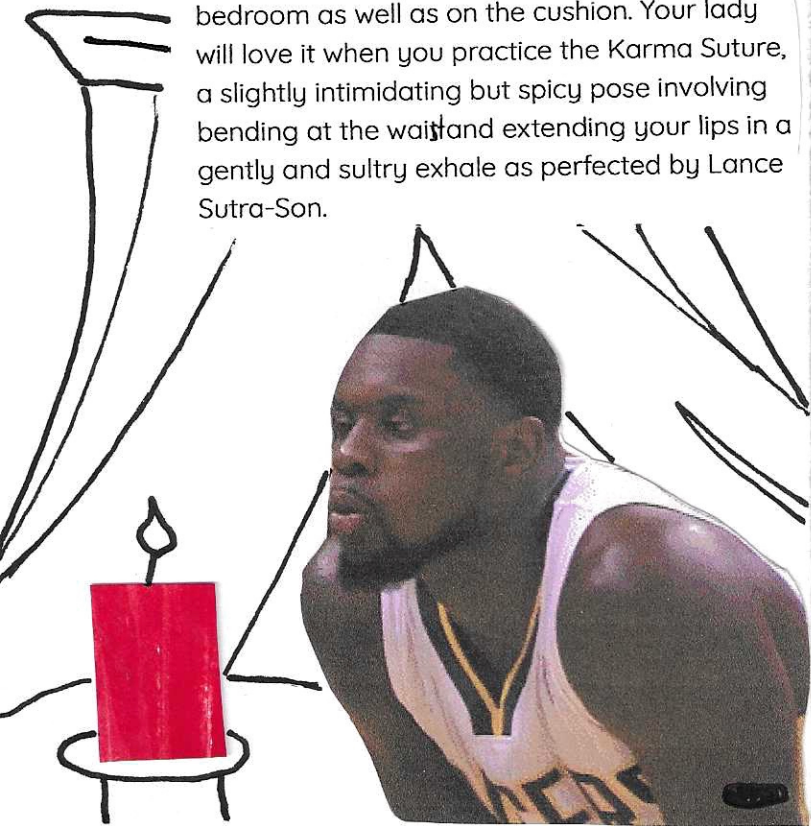
Injured Duck



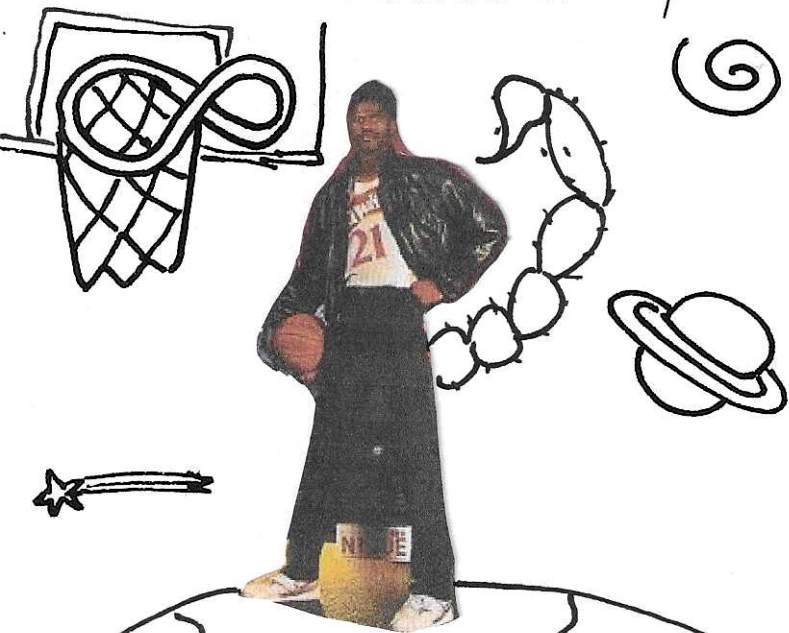
Crafted and perfected over the years by countless yogis such as the ancients Dennis Ra-man, Bill Laimbier and contemporaries such as Cobra Paul and James Hari-Dan, this pose involves trickster energy. Exaggerate your pose, make it look difficult and strenuous, but maintain simple balance nonetheless. Put a grimace on your face, mimicking the suffering of the world and in anticipation of that fine that you might very well receive.

Karma Suture

A true yogi, must be well rounded in the bedroom as well as on the cushion. Your lady will love it when you practice the Karma Suture, a slightly intimidating but spicy pose involving bending at the waist and extending your lips in a gently and sultry exhale as perfected by Lance Sutra-Son.



Poised Scorpion



This iconic NBA pose was pioneered by the great Dharma-Nique Wilkings and followed by the likes of Dharma Ham, Cobra Bryant and The A(n)tman. One must extend both hands far behind the head, forming a poised and powerful curved spine, ready to strike truth beyond illusion and at the Great Rim.