

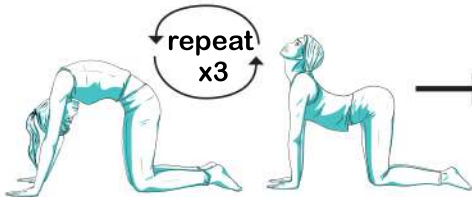
# YOGA ROUTINE

## for DOWN DOG

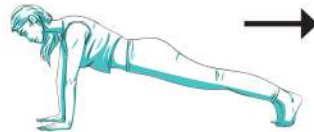
yogarove.com

Hold each pose 3-5 breaths. Move with the breath and rest as needed.

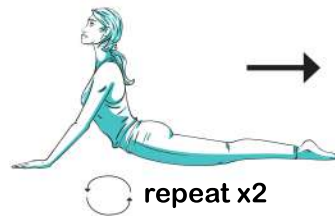
1 Cat-Cow



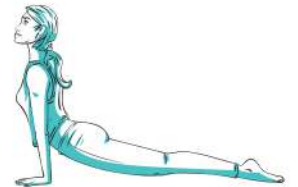
2 Plank



3 Cobra



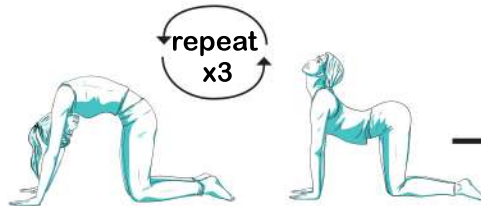
4 Upward Dog



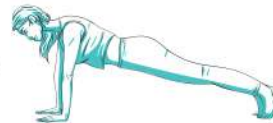
5 Child's Pose



6 Cat-Cow



7 Plank



8 Standing Fold



9 Plank



10 Tabletop



11 Downward Dog



12 Child's Pose

