

SIMPLE SEATED YOGA WARM UP

yogarove.com

Practice this sequence prior to any yoga routine to warm up. Go at your own pace.

1 Easy Seat



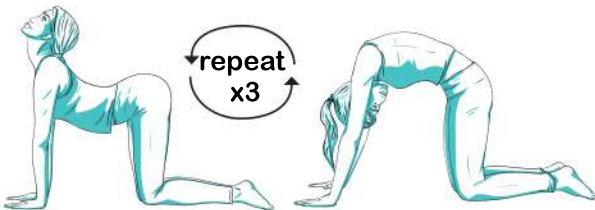
2 Seated Twist Right



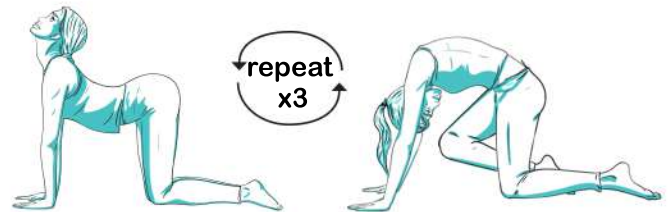
3 Seated Twist Left



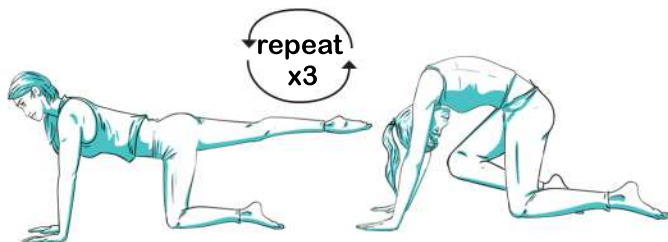
4 Cat-Cow



5 Cat Crunch



7 Leg Extension- Cat Crunch



8 Child's Pose

