

# YOGA ROUTINE

## for MOBILITY

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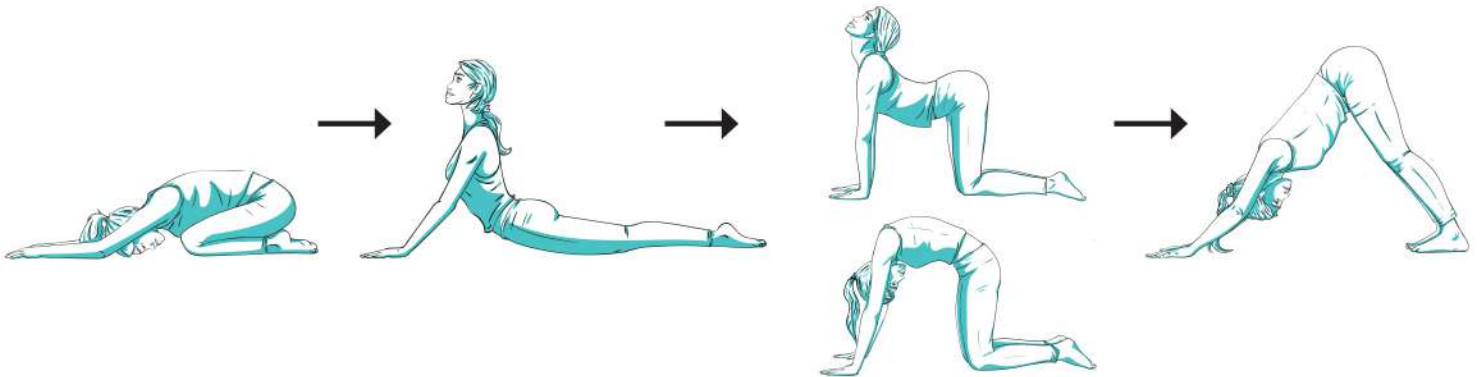
Hold each pose for 5 slow breaths. Repeat steps 4-9 on the other side before moving to step 10.

1 Child's Pose

2 Cobra

3 Cat-Cow

4 Down Dog

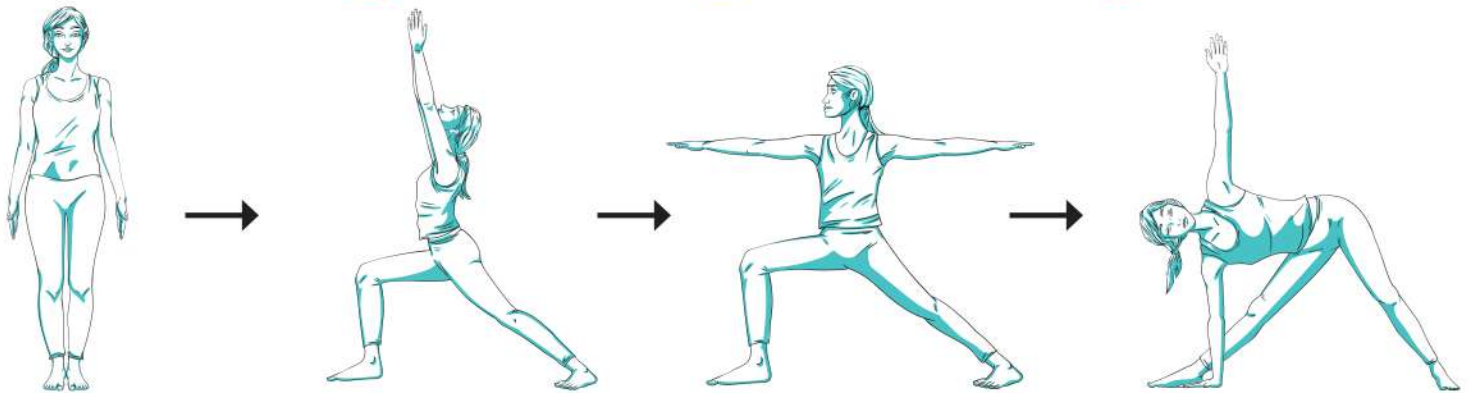


5 Mountain

6 Warrior I

7 Warrior II

8 Triangle



9 Wide Legged Fold

10 Bridge

11 Reclined Bound Angle

12 Reclined Twist (both sides)

