

YOGA ROUTINE

for RELAXATION

yogarove.com

Hold each pose for one minute each, breathing slowly and deeply.

1 Easy Seat



2 Neck Rolls



3 Seated Cat-Cow



4 Seated Side Bend



5 Easy Seated Fold



6 Half Cow Face



7 Wind Relieving



8 Reclined Twist



9 Reclined Bound Angle



10 Savasana



repeat on
other side