

# YOGA ROUTINE

## for TIGHT HAMSTRINGS

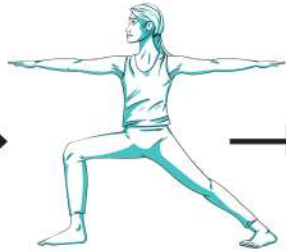
yogarove.com

Hold each pose for 5-7 slow breaths. Repeat steps 1-10 on the other side before moving to step 11.

1 Down Dog



2 Warrior II



3 Triangle



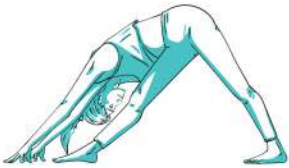
4 Wide Legged Fold



5 Ninja



6 Pyramid



7 Standing Split



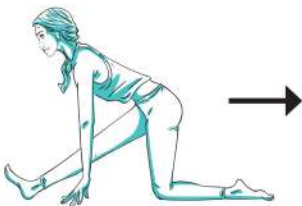
8 Ragdoll



9 Down Dog



10 Half Split



11 Seated Fold



12 Reclined Big Toe (both sides)



13 Savasana

