

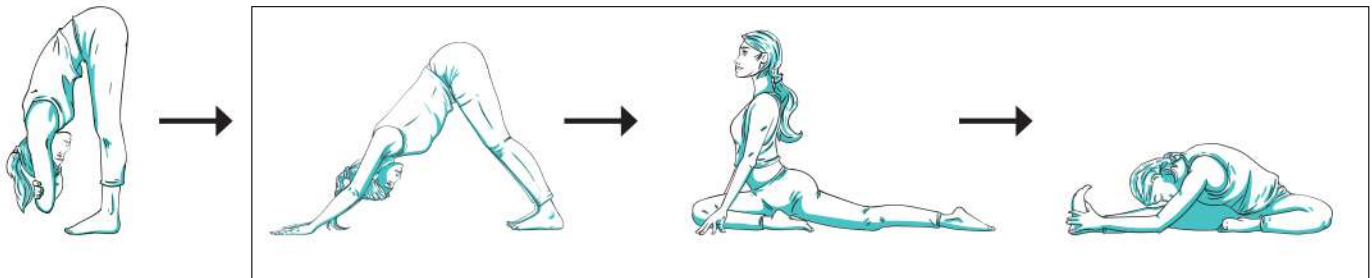
YOGA ROUTINE

for STRESS RELIEF

yogarove.com

Hold each pose for 5 slow breaths. Focus on maintaining an even, steady breath.

- 1 Ragdoll 2 Downward Dog 3 Pigeon 4 Seated Head to Knee



repeat on other side

- 5 Easy Seat 6 Easy Seated Twist (both sides) 7 Reclined Bound Angle



- 8 Legs Up the Wall 9 Reclined Spinal Twist (both sides) 10 Savasana

