YOGA ROUTINE-ANTI STRESS

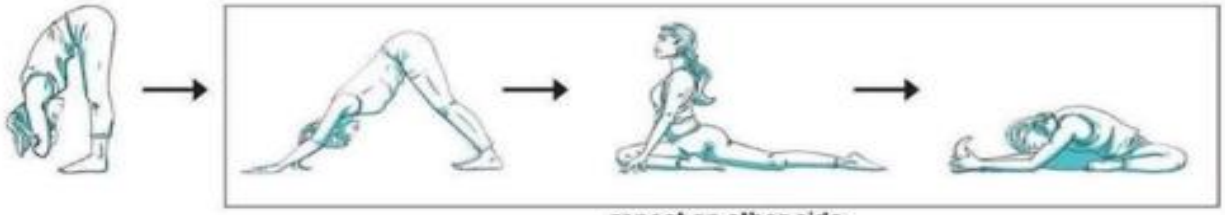
Hold each pose for 5 slow breaths. Focus on maintaining an even, steady breath.

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



STRESS RELIEF