



# GROUP OF Exercises

**Week 3**  
Create a stretching habit:  
Restorative Yoga

ADD ONE OF THESE RESTORATIVE YOGA EXERCISES TO YOUR DAY! RELAX BETWEEN 10 AND 20 MINUTES A DAY WITH ONE OF THESE EXERCISES AND ENJOY THE BENEFITS!

## POSITION 1 CHILD POSE



## POSITION 2 SAVASANA

SUPPORT UNDER THE FEET

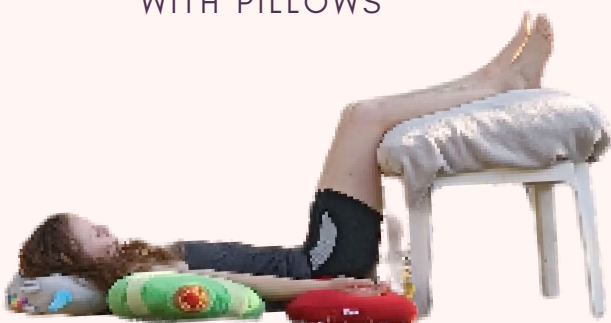


FEET ON THE GROUND



## POSITION 3 SAVASANA LEGS UP

WITH PILLOWS



WITH PILLOW

