

With all the different exercises we've seen the past 3 months, we created 2 mini Yoga Class of 20 minutes each, for you to practice every day. Here is one of them:

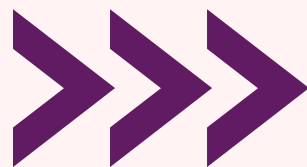
YOU CAN KEEP
PRINTING THIS
TRACKER IF IT
HELPS YOU
PRACTICE
EVERYDAY

EXERCISES *Tracker*

[illegible]

2nd Yoga Class

OF 20 MINUTES



Savasana page 3

SIT FOR A MOMENT



SIDE
TWIST

TWIST



SELF HUG

OPEN
THE
CHEST



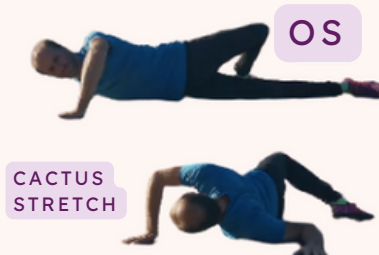
STRETCH



CAT COW



WRIST



CACTUS
STRETCH

OS



COBRA

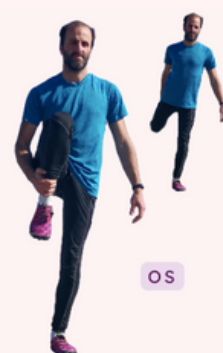


FORWARD FOLD



OS

CIRCLES
CLOCKWISE
& OTHER SIDE



OS



2nd Yoga Class

OF 20 MINUTES

Savasanas

THESE POSTURES
CAN BE USED AS
SAVASANA AT THE
END OF THE
SESSION OR IN
SEPARATE
PRACTICE TO
RELAX BODY'S
TENSIONS



Restorative

CHILD POSE WITH SUPPORT



LEGS UP ON THE WALL