

## **CONGRATULATION**

We finished our 3-months Yoga Challenge. The past 3 months we created Stretches habits to add in our daily life. We were focusing on the Back the first month, the arms and shoulders the second one and the legs and hips the third month.

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:

EXERCISES Pracker

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

EXERCISES	MON	TUE	WEN	THU	FRI	SAT	SUN
DYNAMIC STRETCHES							
STATIC STRETCHES							
PARTNER YOGA							
RESTORATIVE YOGA							
MEDITATION							
TOTAL							















## Savasanas

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



## Restorative





OPEN CHEST WITH BACK SUPPORT

