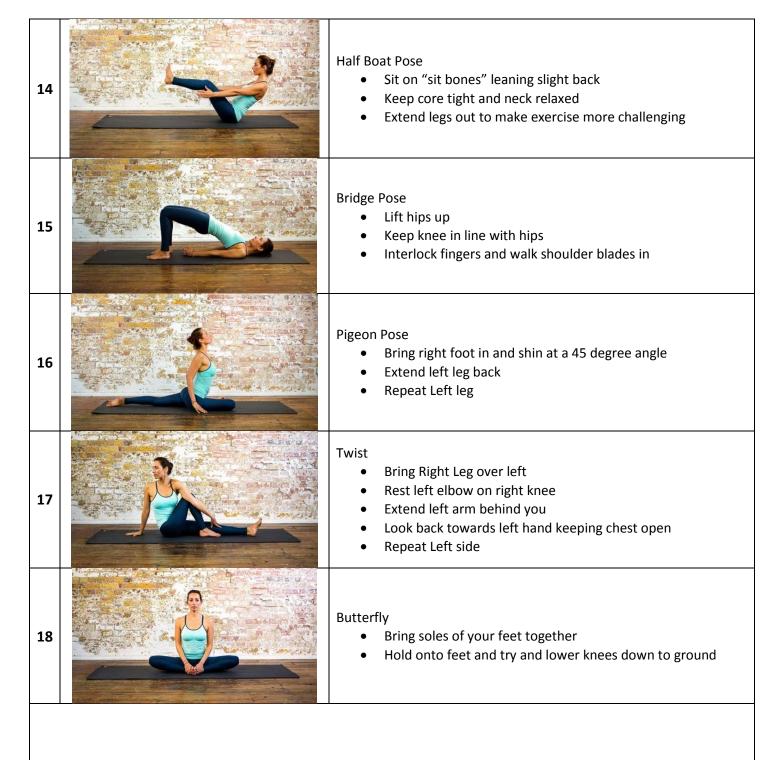
1	 Half Moon Stand with feet together Reach arms to right side of room keeping chest facing forward Repeat on left side
2	Chair Pose Legs Together Add slight knee bend Extend arms ups Keep weight in your heels
3	 Forward Fold Hinge forward at the hips bringing chest as close to thighs as possible Keep knees straight
4	 Low Lunge Bring both arms down to ground Bring right foot down in between hands and extend left leg back Push left knee into ground Repeat with left foot
5	High Plank • Step both feet back • Hands underneath shoulders • Body straight (don't let hips sag or drop)
6	Upward Facing Dog Slowly lower yourself keeping your elbows Extend arms and arch back Rest tops of feet on the mat
7	Downward Dog Lift hips up and back heels close down to the ground Weight in heels

8		Warrior 1	
9		 Warrior 2 Lengthen stance with front foot facing forward back foot facing side More knee bend to front leg Extend arms to one straight line 	
10		 Half Triangle Windmill hands down so left elbow rests on left knee Extend left arm straight up Keep front knee bend 	
11		REPEAT exercises 8-10 for LEFT LEG Repeat for 2 sets	
COOL DOWN			
12		Wind Freezing Pose • Bring left knee up towards chest • Repeat Right leg	



Corpse Pose

- Lay on back with arms extended at side
- Palms up
- Focus on your breathing
- Stay here as long as needed

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Yoga Workout: Hold Pose for at least 30 seconds