



FITNESS AND FEXBILITY YOGA CENTER

GET STARTED



CONTINUE WITH
GOOGLE

OR

CREATE A ACCOUNT

E MAIL ID OR USERNAME

ENTER MAIL OR USERNAME

PASSWORD

ENTER PASSWORD

LOGIN

DAY 1

EXTENDED SIDE ANGLE LEFT (UTTHITA PARSVOKANASANA)

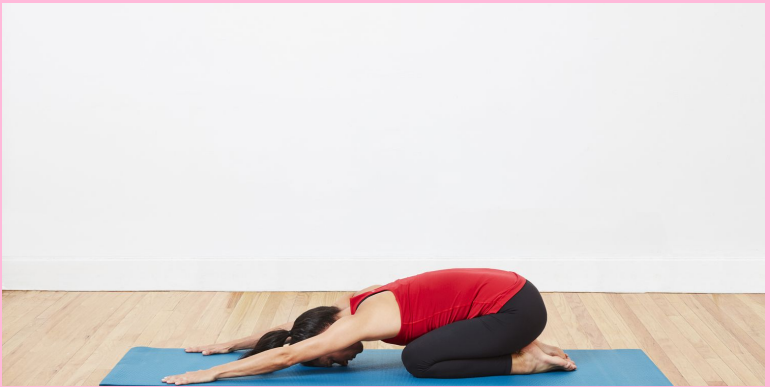


OPEN YOUR CHEST AND
MAKE SURE YOUR LEFT
SHOULDER IS A ALIGNED
OVER YOUR RIGHT
SHUOLDER

NEXT

DAY 2

CHILD POSE



STRETCH YOUR ARMS IN
FRONT OF YOU WITH THE
PALMS TOWARDS THE
FLOOR

NEXT

SESSION FINISHED

DAY
1-C

DAY 2
C

COMPLETED EXERCISE
EXTENDED SIDE ANGLE LEFT
CHILD POSE