

YOGA-DAILY MOVEMENT PROGRAM



WARRIOR POSE

5 times on each limb

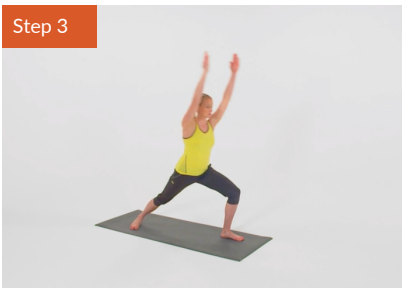
Step 1



Step 2



Step 3



Step 4



Step 5



REVERSE WARRIOR

5 times on each limb

Step 1



Step 2



Step 3



Step 4



Step 5



RUNNERS LUNGE WITH ROTATION

5 times on each limb

Step 1



Step 2



Step 3



Step 4



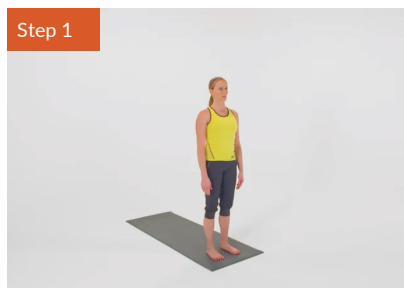
Step 5



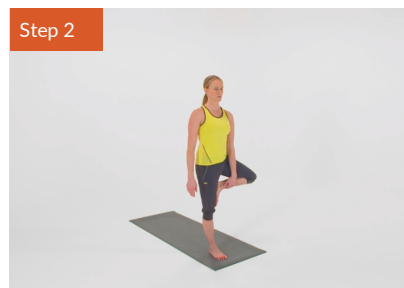
TREE POSE

5 times on each limb

Step 1



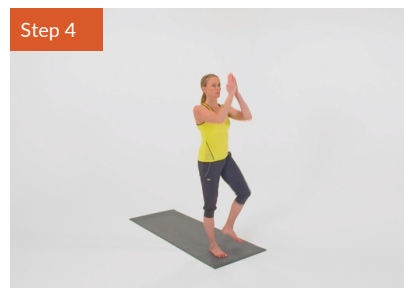
Step 2



Step 3



Step 4



Step 5

