

GOOD MORNING YOGA

BY DAREBEE

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Hold each pose
for 30 seconds
then move on
to the next one.



1. mountain pose



2. fierce pose



3. forward bend



4. wide squat pose



5. hero pose



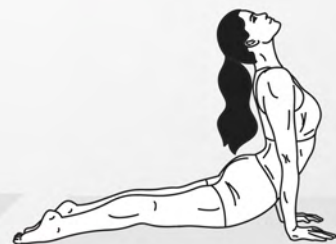
6. child pose



7. cat pose



8. cow pose



9. upward dog pose