

DE-STRESS AND Stretch

Move gently into the yoga poses below. Once you settle into the pose, focus on slow controlled breathing. Inhale for 5 counts and exhale for 3 counts, breathing deeply from abdomen. MWR Trainer Tip: Hold the pose through 5-10 deep breaths.



BRIDGE POSE



CHILDS POSE



PIGEON POSE



TRIANGLE POSE



HANG OVER POSE



CAMEL POSE