



WORKOUT OF THE DAY



Yoga sequence

What You'll Need: Mats, yoga block if needed.

Recommendations: Don't overstretch, go slow, focus on breathing and achieving the pose correctly, breathing in and beathing out at least 5 times slowly and conscientiously before moving to the next pose.

Child pose

cat/cow pose

high plank

cobra

Downward facing dog



chlds pose



cat



plank



cobra



Extended side angle

Reverse warrior

Chaturanga

upward dog

downward dog

mountain pose



Breathing: Breathe slow and long, filling up the abdominal area, the chest area expanding chest. Release from the stomach first and then the chest slowly and in control.