



WORKOUT OF THE DAY



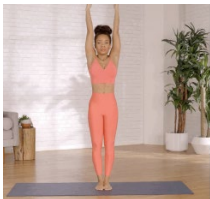
Easy Yoga Training

What You'll Need: Floor mat, Yoga block in case of back issues or beginners.

Recommendations: Remember to take sips of water when you need it; rest when you need to, do what feels right for you, check your heart rate, and do not overstretch. Breathe naturally and take your time in each pose. Mind-body exercises.

Focus on your breathing.

- a) Mountain pose b) Warrior one c) Pyramid w/wo blocks d) cat/cow e) Downward dog



From Down dog go back to mountain pose and start all over again "a" to "e" sequence. After repeating the poses a few times, then relax listening to peaceful music for at 5 minutes and breathing consciously, slow, and deep.

f)



g)

