

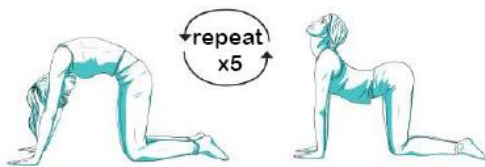


Team BWS

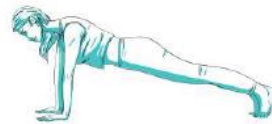
Everyday Yoga Poses

Hold each pose for 5-8 breaths. Remember to repeat on both sides.

1 Cat-Cow



2 Downward Dog



3 Crescent Lunge



4 Warrior II



5 Tree



6 Standing Fold



8 Downward Dog



9 Pigeon



10 Seated Twist



11 Savasana



Humility Enjoyment Resilience Respect Discipline