



Team BWS

# Routine for Flexibility

Hold each pose for 5 slow breaths. Repeat poses 1-7 on the other side before coming down to the floor

1 Down Dog



2 High Lunge



3 Pyramid



4 Standing Fold



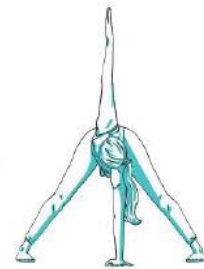
5 Twisted Chair



6 Garland



7 Wide Legged Twist



8 Cobra



9 Seated Side Stretch



10 Seated Forward Fold



Humility    Enjoyment    Resilience    Respect    Discipline