

EASY MORNING YOGA SERIES

FOR MOMS WHO DON'T YOGA (BUT SHOULD)

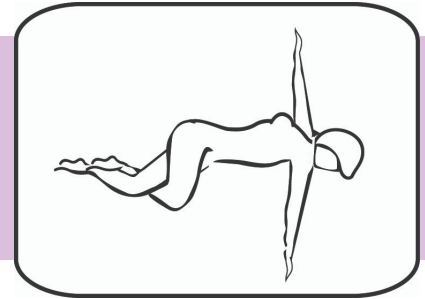
1

SUKHASANA OR EASY POSE
(1 MIN)



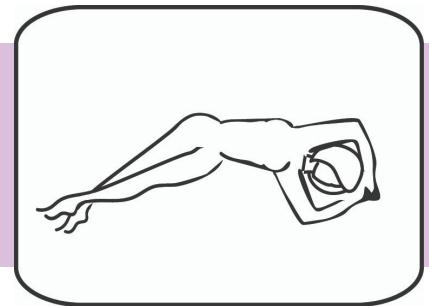
2

TWISTED ROOTS POSE
(1-3 MINS PER SIDE;
REST 1 MIN EACH SIDE)



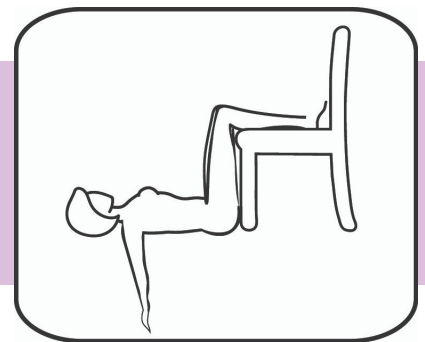
3

BANANASANA
(1-3 MINS PER SIDE;
REST 1 MIN EACH SIDE)



4

LEGS UP THE CHAIR POSE
(3-5 MINS)



5

SUKHASANA OR EASY POSE
(1 MIN)

