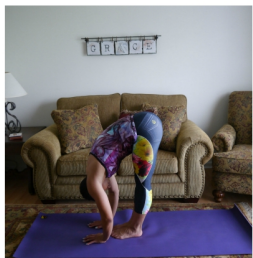
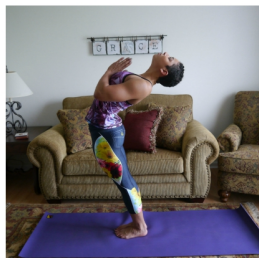
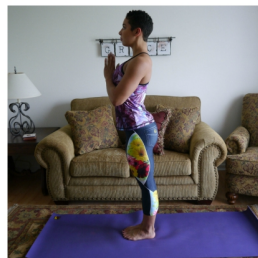


WORKOUT WEDNESDAY RELAXING YOGA FLOW

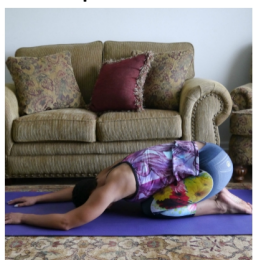
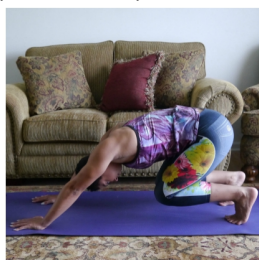
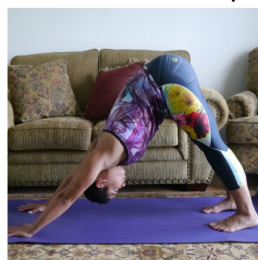
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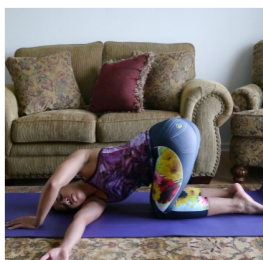
Mountain pose, backbend, forward bend. Repeat 2x.



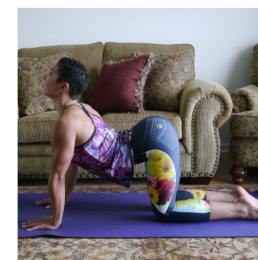
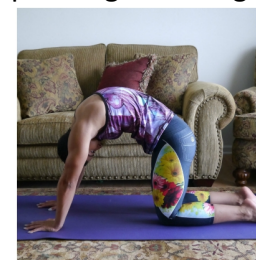
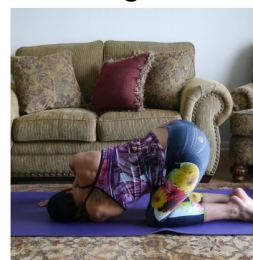
Downward dog + alternate pressing heels to ground.



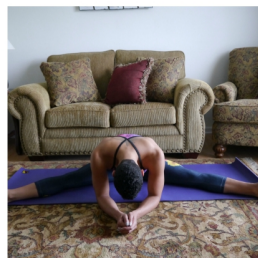
Bend knees to child's pose. Stay in child's pose for 5 breaths.



Thread right arm through, then left.



Alternate between cat/cow for 8 of each.



Forward bends, 5 breaths each.



Bridge pose, then slowly lower. Repeat 5x.



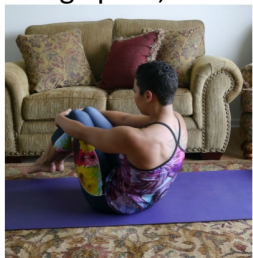
Right twist, then left twist. 3 breaths each.



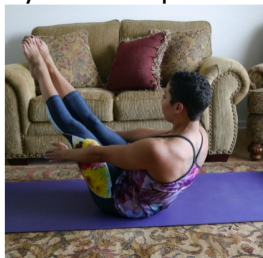
Reclining butterfly
10 breaths.



Knees to chest
10 breaths.



Roll forward and
backward to
massage the
spine. 10 rolls.



Boat pose
2 breaths, then
relax.
Repeat 5x.



Savasana