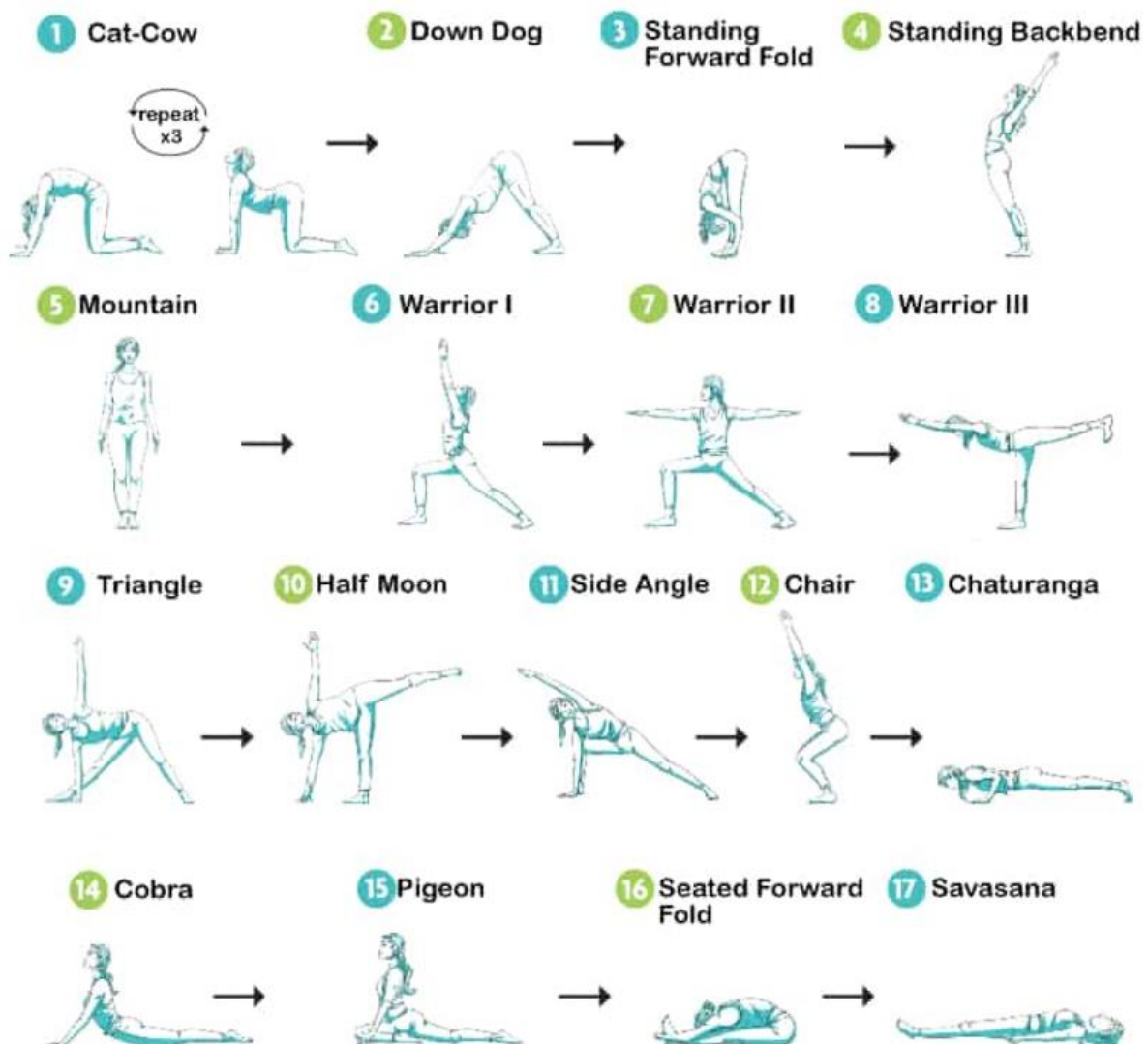




Team BWS

Beginner Yoga Routine

Hold each pose for 3 breaths. Repeat 1-14 on the opposite side before finishing with step 15



Humility Enjoyment Resilience Respect Discipline