



Team BWS

Full Body Routine

Hold each pose for 5 slow breaths. Repeat steps 1-11 on opposite sides.

1 Plank



2 Three Legged Dog



3 High Lunge



4 Warrior II



5 Reverse Warrior



6 Warrior III



7 Chair



8 Standing Fold



9 Chaturanga



10 Upward Dog



11 Down Dog



12 Savasana



Humility Enjoyment Resilience Respect Discipline