



Team BWS

Restorative Yoga Routine

Hold each pose as noted, paying close attention to your breath, breathing in and out slowly

1 Cat-Cow



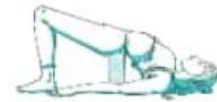
○ repeat 3-5 minutes

2 Thread the Needle (both sides)



1 minute each side

3 Supported Bridge



2-3 minutes

3 Reclined Pigeon (both sides)



1 minute each side

5 Supported Shoulderstand



3-4 minutes

6 Reclined Bound Angle



1-2 minutes

7 Savasana



5 minutes

Humility Enjoyment Resilience Respect Discipline