



Team BWS

Strong Arm Yoga

Hold each pose for 5 breaths. Repeat x 4.

1 Plank



2 Side Plank (right)



3 Reverse Plank



4 Side Plank (left)



5 Chaturanga



6 Upward Dog



7 Downward Dog



8 Wild Thing



9 Downward Dog



10 Warrior II



11 Plank



12 Savasana



Humility Enjoyment Resilience Respect Discipline