



Team BWS

# Yoga for Stress Relief

Hold each pose for 5 slow breaths. Focus on maintaining an even, steady breath.

1 Ragdoll



2 Downward Dog



3 Pigeon



4 Seated Head to Knee



repeat on other side

5 Easy Seat



6 Easy Seated Twist (both sides)



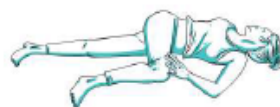
7 Reclined Bound Angle



8 Legs Up the Wall



9 Reclined Spinal Twist (both sides)



10 Savasana



Humility    Enjoyment    Resilience    Respect    Discipline