



MOUNTAIN

HANDS TO HEART

CHAIR POSE

FORWARD FOLD

HALFWAY LIFT

FORWARD FOLD

PADAHASTASANA

LEGHIGH

DOWN DOG

PLANK

LOCUST W/CHEST EXPANSION

LOCUST

PLANK

HALFWAY LIFT

LUNGE

CRESENT MOON

HALF SPLITS

WARRIOR 2

EXTENDED SIDE ANGLE

REVERSE WARRIOR

CHATURANGA

STRETCHING WITH NUYU

For a full body stretch, start at the 'Mountain' stretch at the top of the chart. Work through each of the stretches, in order, spending up to 30 seconds on each pose.

MOUNTAIN

DOWN DOG

UP DOG