



Relax and Unwind

1. Head-to-Knee Pose (Janu Sirsasana)
2. Revolved Head-to-Knee Pose (Parivrtta Janu Sirsasana)
3. Reclined Pigeon Pose (Supta Kapotāsana)
4. Hip Abductor Stretch
5. Bridge (Setu Bandha Sarvangasana)
6. Plow Pose (Halasana)
7. Shoulderstand (Salamba Sarvangasana)
8. Supine Spinal Twist (Jathara Parivartanasana)
9. Happy Baby (Ananda Balasana)
10. Corpse Pose (Savasana)