

Be sure to do this yoga sequence two times through; once on each side; left then right. Yoga is all about balance :) Feel free to put some relaxing/calming music on in the background. Enjoy!

THE REMOTE YOGI



Child's pose



Cat Pose



Cow Pose



Downward Dog



Mountain Pose



Side Stretch



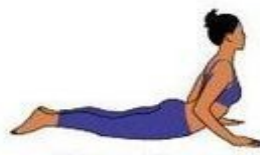
Back Bend



Forward Fold



Chaturanga



Cobra Pose



Downward Dog



Warrior I



Pyramid pose



Warrior III



Yogi Squat



Seated Twist



Forehead to Knee



Savasana

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