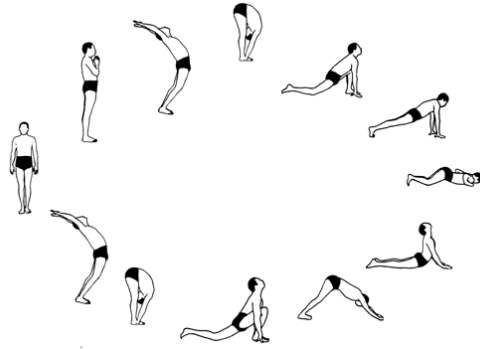


A Short Home Practice

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1. Joint Circles: ankles, knees, hips, waist, shoulders, wrists
2. Sun Salutation: once with each leg stepping back



3. Triangle Side Bend: do on each side



4. Tree Balance Pose: do on each side



5. Cobra



6. Locust



7. Reclined Twist: do on both sides



8. Head-to-Knee Forward Fold: do on both sides



9. Relaxation and Breathing

