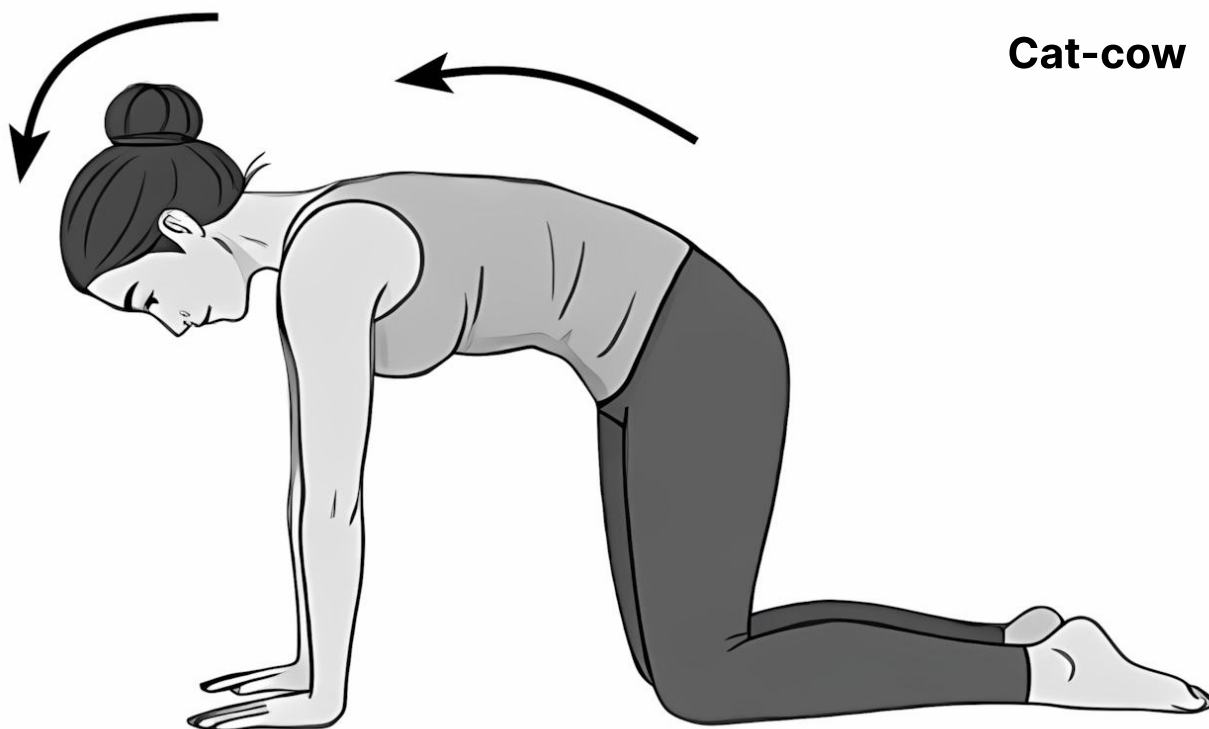
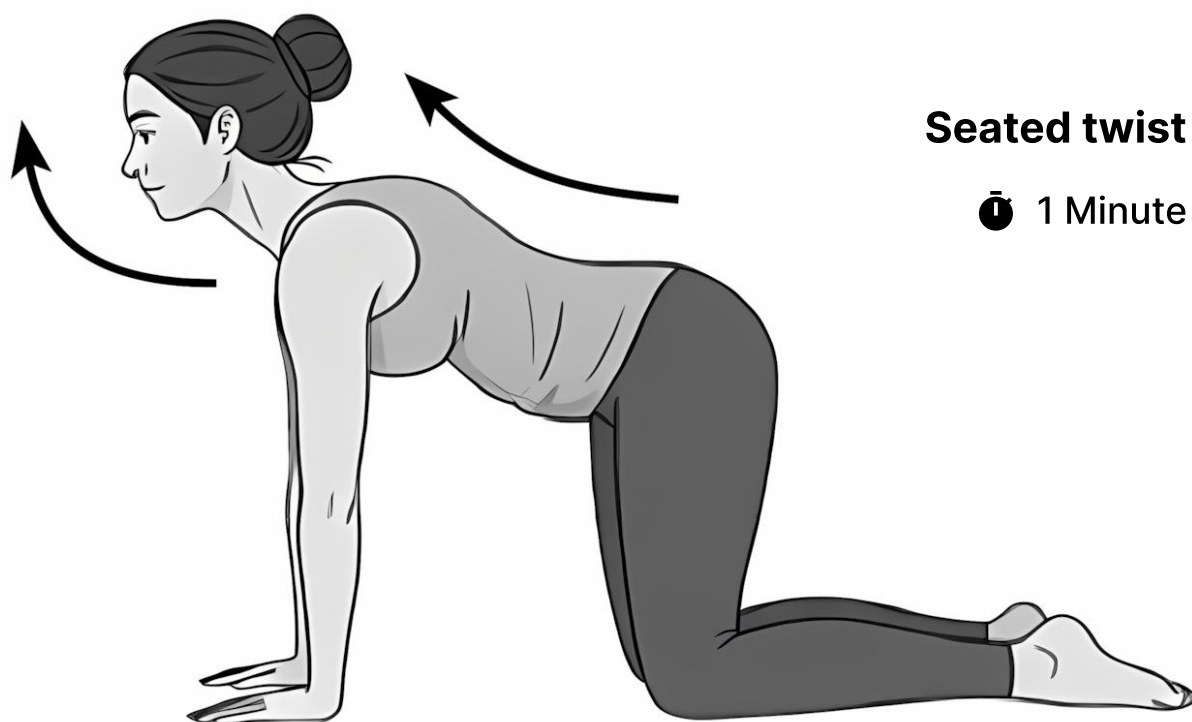


**Cat-cow****Seated twist**

 1 Minute

Side stretch with breath

 1 Minute



Neck release

 1 Minute



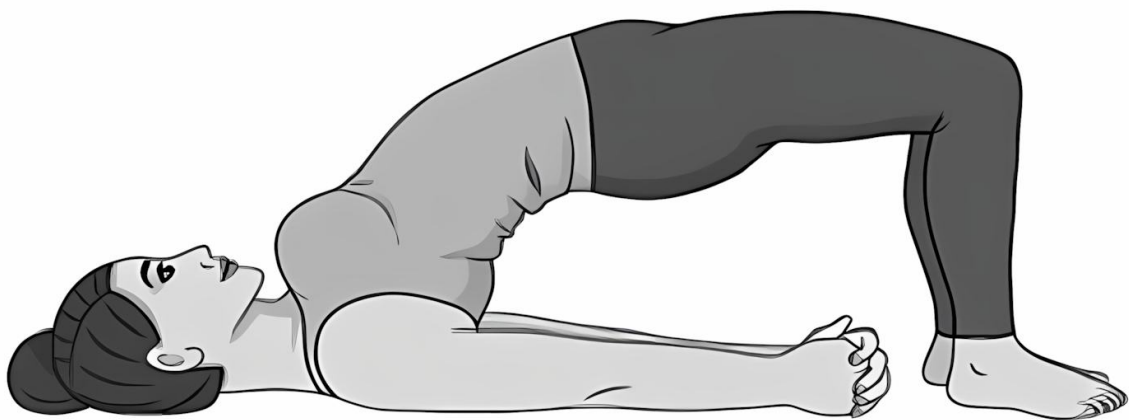
Neck release

 1 Minute



Childs Pose

 1 Minute





Bridge Pose

 1 Minute



Chest opener

 1 Minute

Shoulder rolls with breath

 1 Minute



Seated forward fold

 1 Minute

