



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA MINI SESSION: FOR A BETTER NIGHT'S SLEEP

A quick yoga session is a great way to prepare your body for a better night's sleep. Try this mini session below!



20 Second Hero Pose



20 Second Camel Pose



20 Second Child's Pose



20 Second Upward Dog



20 Second Sitting
Forward Fold



20 Second Supine Twist



20 Second Bridge



20 Second Knees-To-Chest



20 Second Corpse Pose

