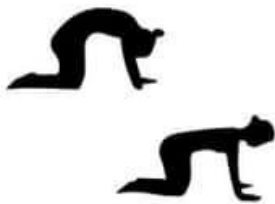




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA MINI SESSION: FOR SWIMMERS

Do you miss swimming in the pool? A quick yoga session is a great way to keep your body in shape while away from the pool! Try the mini session below!



20 Second Each
Cat and Cow Pose



20 Second Hands and
Knees Balance



20 Second Down Dog



20 Second High Lunge



20 Second Triangle Pose



20 Second Locust Pose



20 Second Bridge



20 Second Eye of
the Needle



20 Second Thunder-
Bolt Pose

