



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA MINI SESSION: FOR THE START OF THE DAY

A quick morning yoga session is a great way to start your day off positively!
Try the beginner mini session below!



5 Minute Meditation



20 Second Child's Pose



20 Second Cat Pose



20 Second Cow Pose



20 Second High Plank



20 Second Down Dog



20 Second
Three-Legged Dog



20 Second High Lunge



20 Second Warrior Two

