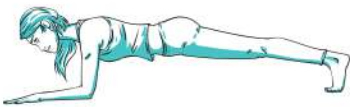


CHATURANGA YOGA ROUTINE

yogarover.com

Practice each pose with patience and awareness. Have fun!

1 Forearm Plank



hold 10 breaths



2 Sphinx



hold 10 breaths



3 Dolphin



hold 10 breaths

4 Downward Dog



hold 10 breaths



5 Chaturanga Prep



practice!



6 Chaturanga



hold 5 breaths