



Mountain



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Gorilla



Standing Forward Bend



Gorilla



Standing Forward Bend



Plank



Four Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



Downward-Facing Dog with Bent Knees

20 mins Gentle Stretching Yoga (Standing)

November 11, 2016 • 4:20 • 52 Poses

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Standing Forward Bend



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Plank



Four Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



Box



Cat



Cow



Box



Plank on the Knees



Side Plank on the Knee



Box with Shoulder Stretch



Box



Plank on the Knees



Side Plank on the Knee



Box with Shoulder Stretch



Box



Extended Child's



Seated Forward Bend
(Preparation)



Seated Forward Bend



Corpse



Wind Removing



Corpse



One Legged Wind Removing



Supine Spinal Twist



Corpse



One Legged Wind Removing



Supine Spinal Twist



Corpse



Wind Removing



Corpse