

Fabulous morning stretching

by Rene Smit - www.yep-yoga.com



Neck Rotation And Massage



Standing Shoulder Rolls



Standing Deltoids Stretch



Shoulder stretch



Standing Pelvic Circles



Ankle rolls



Palm Tree Pose



Palm Tree Pose Side Bend



Standing backband



Standing forwardfold



Extended Triangle Pose



Warrior Pose II



Intense Leg Stretch Pose



Pyramid Pose Variation 1



Crescent High Lunge Pose



Standing Quad Stretch Pose



Beginner Tree Pose



Staff Pose



Seated Forward Bend Pose



Butterfly



Sphinx Pose



Twisted Pose



Easy Boat Pose



Child Pose



Namasté

