

Deep Release Poses

Handclasp High Arch > Forward Bend

Down Dog

E PL of

Half Moon

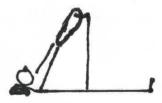


Standing Twist

Lying Hamstring Stretch with strap

Inner Hamstring Stretch

resting leg on chair





email: fitness@unitedgeneral.org website: fitness.unitedgeneral.org

