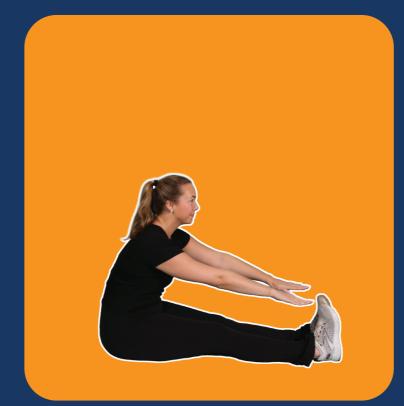
## Full Body Stretch

Hold each pose for 30 seconds.



**Side Body Leans** 



**Sitting Toe Touch** 



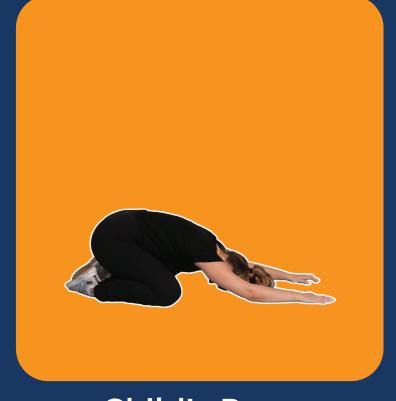
**Standing Quad Stretch** 



**Pigeon** 



**Shoulder Stretch** 



**Child's Pose** 



**Down Dog** 



Up Dog