

RRR easy stretching- start here



1. **Easy Pose** • Sukhasana



2. **Easy Pose Forward Bend**



3. **Seated Forward Bend Pose** •
Paschimottanasana



4. **Seated Side Stretch Pose**



5. **Wind Release Pose** •
Pawanmuktasana



6. **Supine Spinal Twist Eagle
Legs Pose Variation** • Supta
Matsyendrasana Garuda Pada
Variation



7. **Half Pigeon Pose** • Ardha
Kapotasana



8. **Downward Facing Dog Pose** •
Adho Mukha Svanasana



9. **Cobra Pose** • Bhujangasana



10. **One Legged Bow Pose**
Preparation Knees On Floor •
Eka Pada Dhanurasana
Preparation Knees On Floor



11. **Bow Pose** • Dhanurasana



12. **Wide Child Pose** • Prasarita
Balasana