

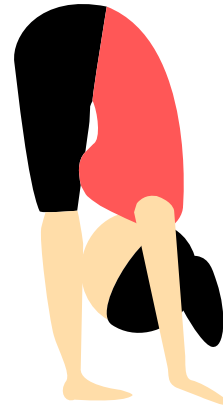
# Family Friendly Yoga Routine

Hold each move for 3-5 breaths. Repeat sequence twice.

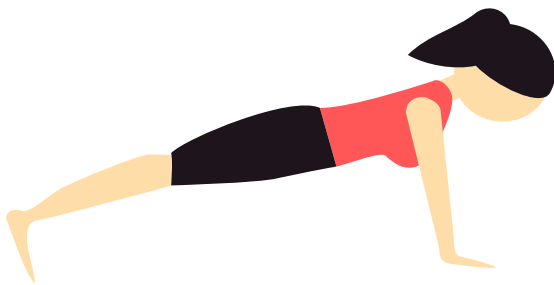
1. Mountain Pose



2. Standing Half Forward Fold



3. Plank Pose



4. Downward Dog



5. Warrior I Right Side



6. Warrior II Right Side



# Family Friendly Yoga Routine

Hold each move for 3-5 breaths. Repeat sequence twice.

7. Triangle Pose Right Side



8. Triangle Pose Left Side



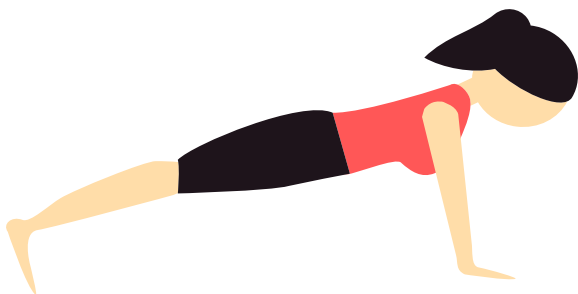
9. Warrior II Left Side



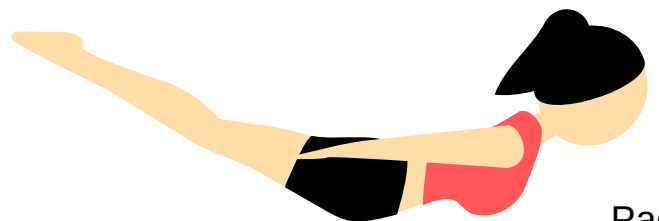
10. Warrior I Left Side



11. Plank Pose



12. Superman Pose



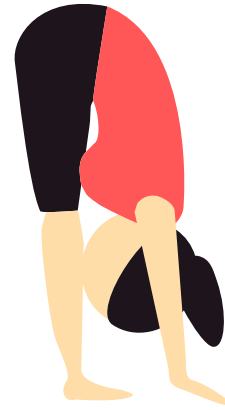
# Family Friendly Yoga Routine

Hold each move for 3-5 breaths. Repeat sequence twice.

13. Downward Dog



14. Standing Half Forward Fold



15. Mountain Pose



16. Triangle Pose Right Leg



17. Triangle Pose Left Leg



18. Mountain Pose

