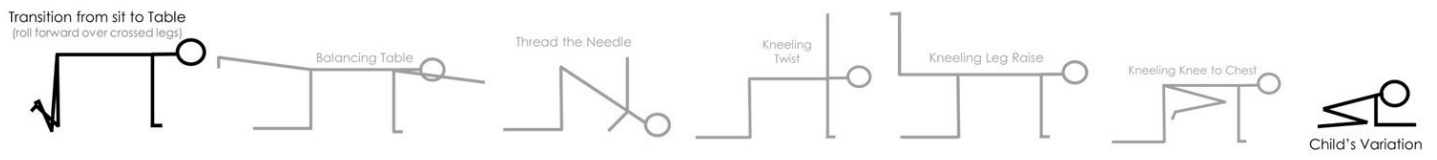
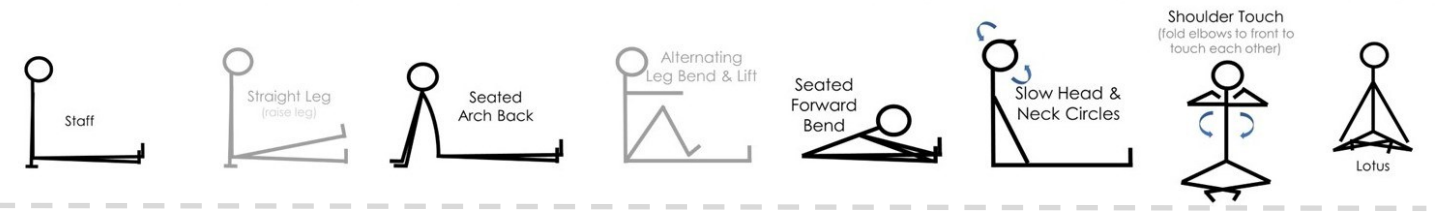
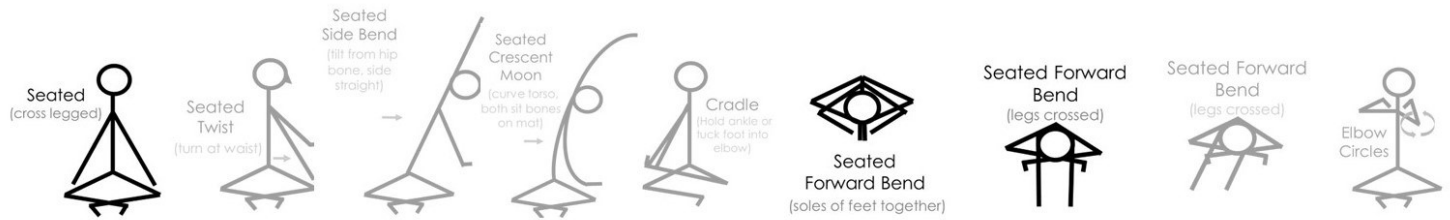


# Comprehensive Daily Yoga Practice (No Splits)

(seated, kneeling, standing, prone and supine poses)



**10 yoga wheel sit-ups then hold full back bend for 2mins**

