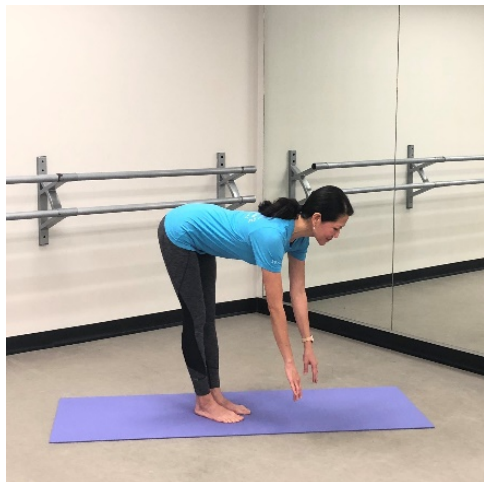


Weeks 19 & 20: Winter Warm Up Yoga Flow



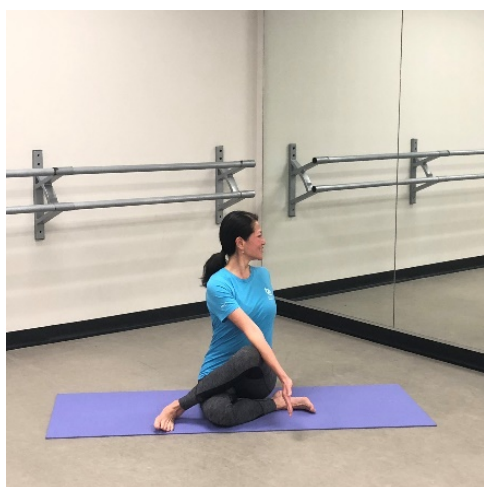
Standing Forward Bend (*Uttanasana*)

Reach your arms overhead, exhale and fold toward your toes. Then, lift your body to create a table with your back.



Low Lunge (*Anjaneyasana*)

Come to a low lunge to stretch your legs and hips.



Half Lord of the Fishes Pose (*Ardha Matsyendrasana*)

Come to your seat and twist to stretch and warm up your back.



Half Upward Plank (*Ardha Purvottanasana*)

Press your hips up to the sky to create a half upward plank pose.



Downward- Facing Dog (*Adho Mukha Svanasana*)

Try bending one knee at a time in this pose to create warmth down your legs.

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."