



## **At Home Workout**

### **Yoga**

**Try these yoga poses to help you stretch, relax or ease anxiety.**

1. Seated Easy Twist
2. Alternate Cat and Cow
3. Hands and Knees Wrist Release
4. Down Dog
5. Down Dog Lift Heels
6. Child's Pose
7. Child's Pose Twist
8. Down Dog
9. Down Dog Knees to Forehead
10. Walk Hands Toward Your Feet
11. Standing Forward Bend Elbow Hold
12. Standing Side Opener
13. Reclining Single Knee Hug
14. Happy Baby
15. Legs Up the Wall