

15-MINUTE MORNING CHAIR YOGA

SUN

1. Downward Dog 35 sec
2. Camel Pose 40 sec
3. Leg Raises 60 sec
4. Goddess Squat 35 sec



THU

1. Dynamic Plank 20 sec
2. Gate Pose 34 sec
3. Puppy Pose 40 sec



WED

1. Table pose 20 sec
2. Boat Pose 20 sec
3. Goddess Squat 35 sec



MON

1. Goddess Squat 35 sec
2. Puppy Pose 40 sec
3. Camel Pose 40 sec
4. Goddess Squat 35 sec



SUN

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