



### SHORT YOGA SESSION 1

1) MOUNTAIN POSE		6) FORWARD FOLD	
2) INHALE ARMS UP		7) REVERSE SWAN DIVE UP	
3) SWAN DIVE DOWN		8) CHAIR	
4) FORWARD FOLD		REPEAT STEPS 2-8 TWO OR MORE TIMES	
5) MONKEY		9) TREE POSE BOTH SIDES	



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