Paddle Board Yoga

01 | SEATED POSE
(INHALE)

02 | SPINAL FLEX
(EXHALE)

03 | ARM CIRCLES
(EXHALE) (INHALE)

04 | SIDE STRETCHES

05 | SEATED TWISTS
(Do on both sides)

06 | CAT/COW FLOW
(INHALE) (EXHALE)

07 | LEG EXTENSIONS/CRUNCHES
(Do on both sides)

08 | DOWNWARD FACING DOG
(INHALE) (EXHALE) (HOLD POSE)

09 | LOW LUNGE/HAMSTRING STRETCH FLOW
(Do on both sides)

(INHALE) (EXHALE) (HOLD POSE) (HOLD POSE)
10 | Downward Dog to Standing Forward Fold

11 | Mountain Pose

12 | Sun Salutation
(Do on both sides. Do as many rounds as you'd like.)

13 | Squat Pose

14 | Seated Forward Fold

15 | Bridge Pose

16 | Supine Twist
(Do on both sides)

17 | Savasana