

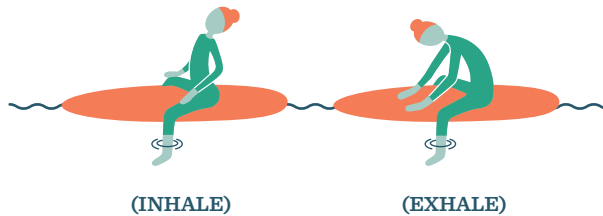


# Paddle Board Yoga

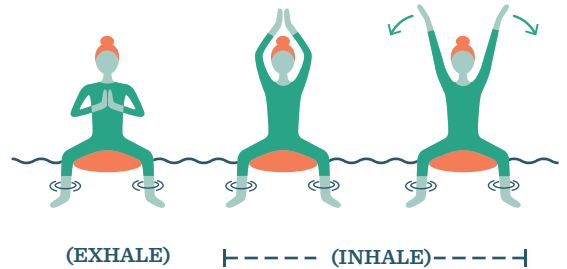
## 01 | SEATED POSE



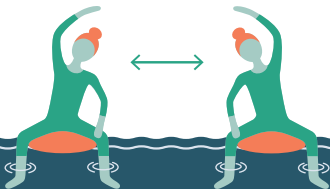
## 02 | SPINAL FLEX



## 03 | ARM CIRCLES



## 04 | SIDE STRETCHES



## 05 | SEATED TWISTS (Do on both sides)



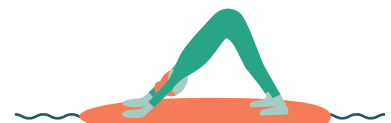
## 06 | CAT/COW FLOW



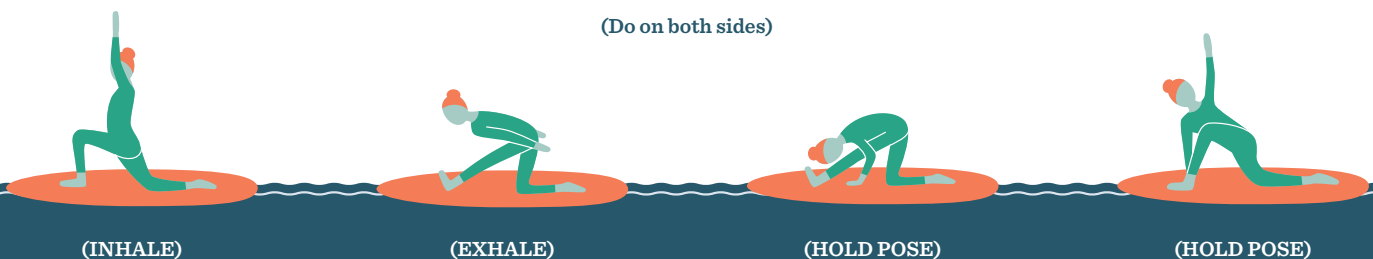
## 07 | LEG EXTENSIONS/CRUNCHES (Do on both sides)



## 08 | DOWNWARD FACING DOG



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



## 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.)



UPWARD SALUTE  
(INHALE)



FORWARD FOLD  
(EXHALE)



STEP BACK TO LOW LUNGE  
(INHALE)



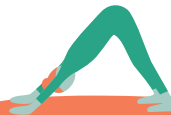
PLANK  
(INHALE)



8 POINT POSE/SLIDE TO BELLY  
(EXHALE)



COBRA  
(INHALE)



DOWNWARD DOG  
(EXHALE)



LOW LUNGE  
(INHALE)



FORWARD FOLD  
(EXHALE)



UPWARD SALUTE  
(INHALE)



MOUNTAIN POSE  
(EXHALE)

## 13 | SQUAT POSE



## 14 | SEATED FORWARD FOLD



## 15 | BRIDGE POSE



## 16 | SUPINE TWIST

(Do on both sides)



## 17 | SAVASANA

