

Daily 5 for Hips & Spine

Earth Series

1. Reclined Tree



2. Reclined Butterfly



3. Leg Stretch



4. Bridge



5. Hip Side Stretch



Knees to Chest

Water Series

1. Cat Rolls



2. Half Locust



3. Cobra 1



4. Cobra Boat



5. Hip Side Stretch



Knees to Chest