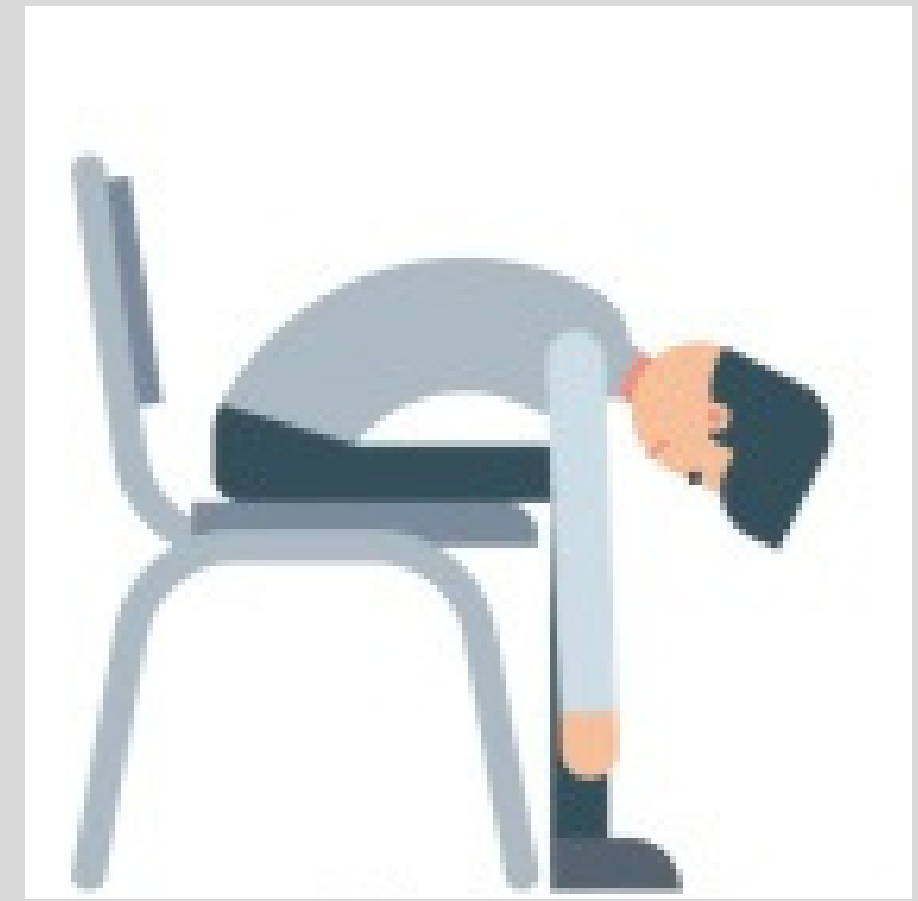


ZOOM YOGA



SEATED TWIST

Place your left hand on your right knee and your right arm over the back of your chair. Turn to look over your right shoulder and hold for four breaths. repeat on the other side.



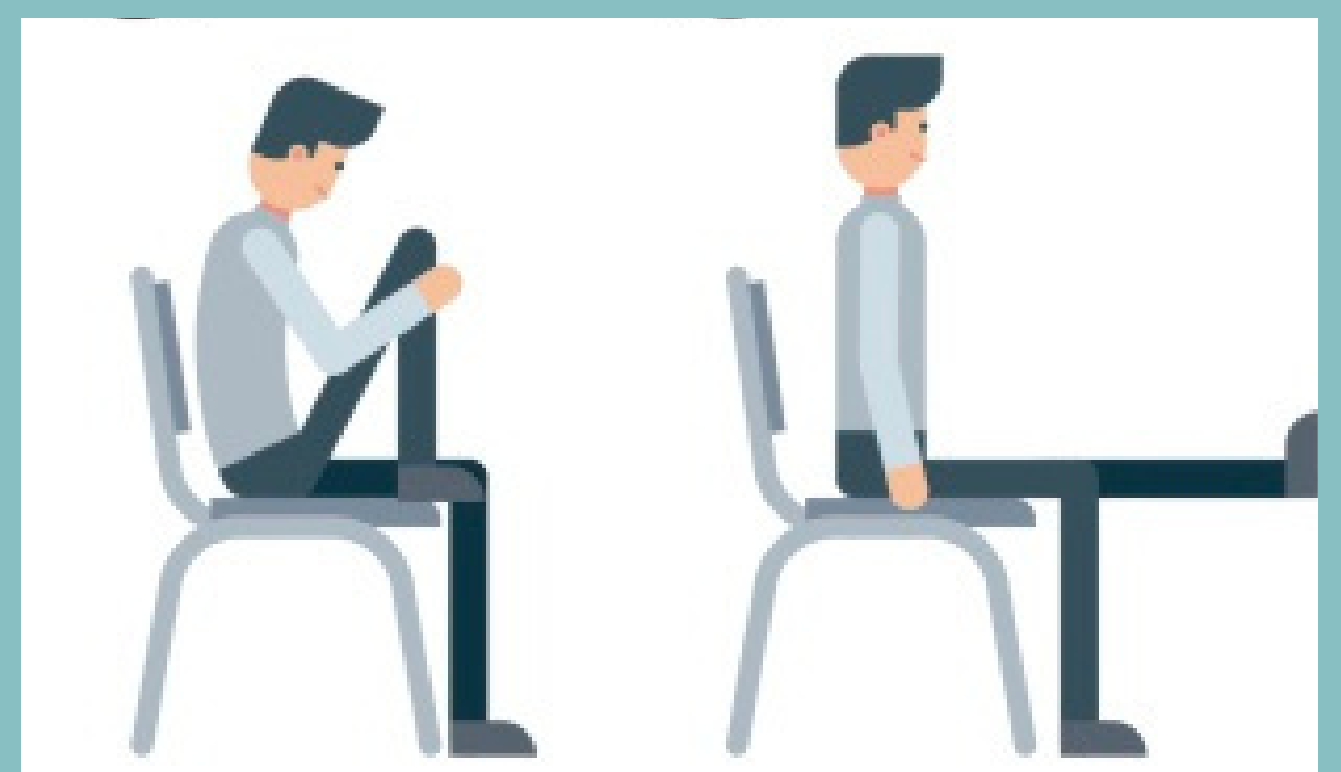
FORWARD FOLD

First, sit tall and straight. Then, fold over your legs, letting your head, neck and body hang limp. Hold for as long as you want before rolling back up to a sitting position.



FOLD AND TWIST

Hinge from your hips to fold forward while exhaling. Bring your left hand on the ground or rest it on your shin or foot as you inhale the right arm up. Exhale and lower your right arm. Then, inhale the left arm up.



LEG EXTENSION

Bring your foot up onto the chair, hugging your knee. Hold for 10 seconds then extend leg out straight and hold for 5 seconds. Repeat on other side.