



## **\*Zen Flexion (Reduce Low Back Tension)\***

Listen to your body and remain in each pose as long as you feel comfortable. As you progress you will be able to go deeper into and hold each pose for longer periods of time.

Warm Up

(5-8 minutes to prepare your body for the workout)

**Butterfly**

**Bridge**

**Cat**

**Cow**

**Child**

**Cobra**

**Downward Facing Dog**

**Locust**

**Pigeon**

**Triangle**

Repeat as Necessary

Cool Down

**Happy Baby – Reclined Goddess**