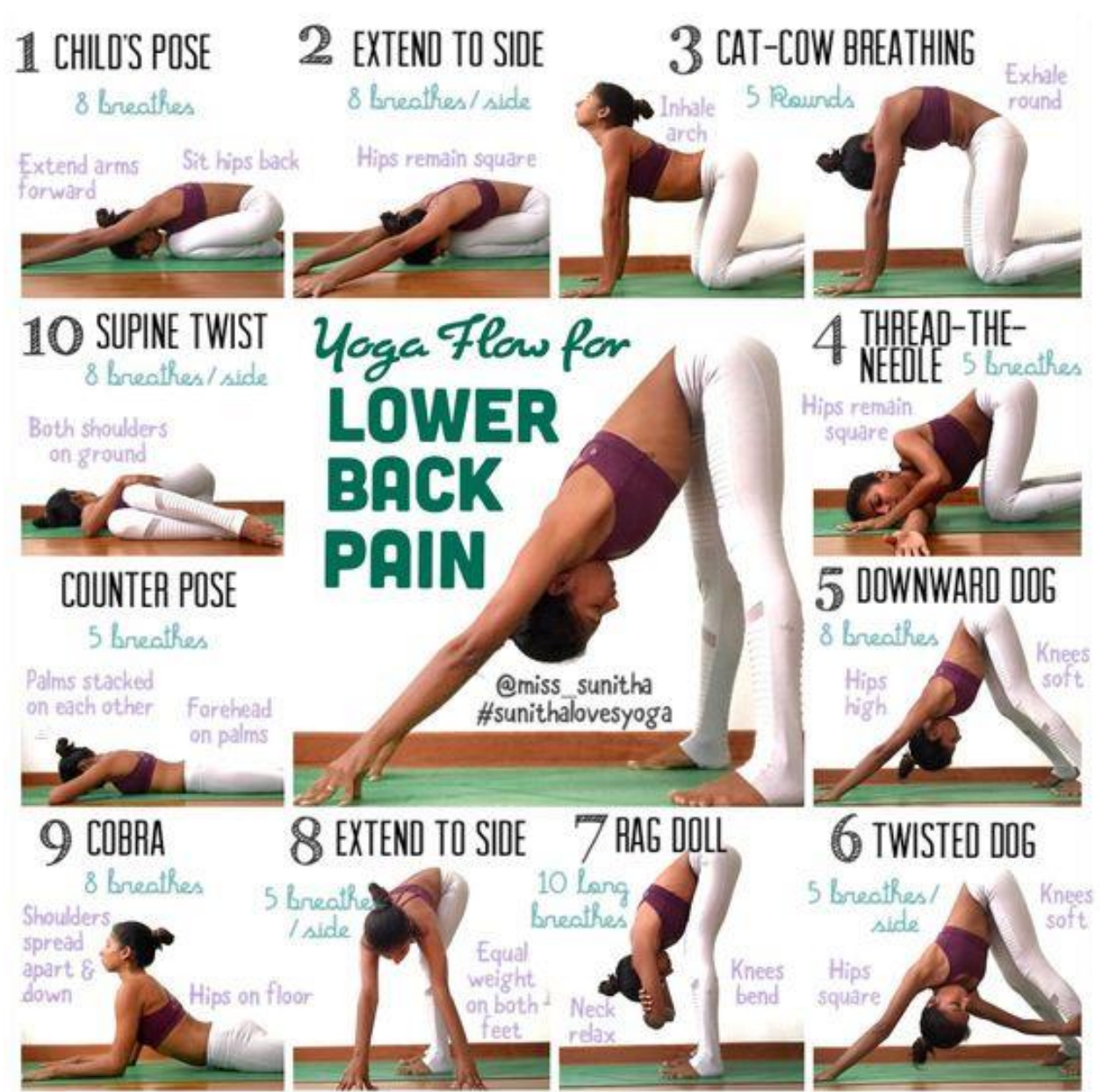
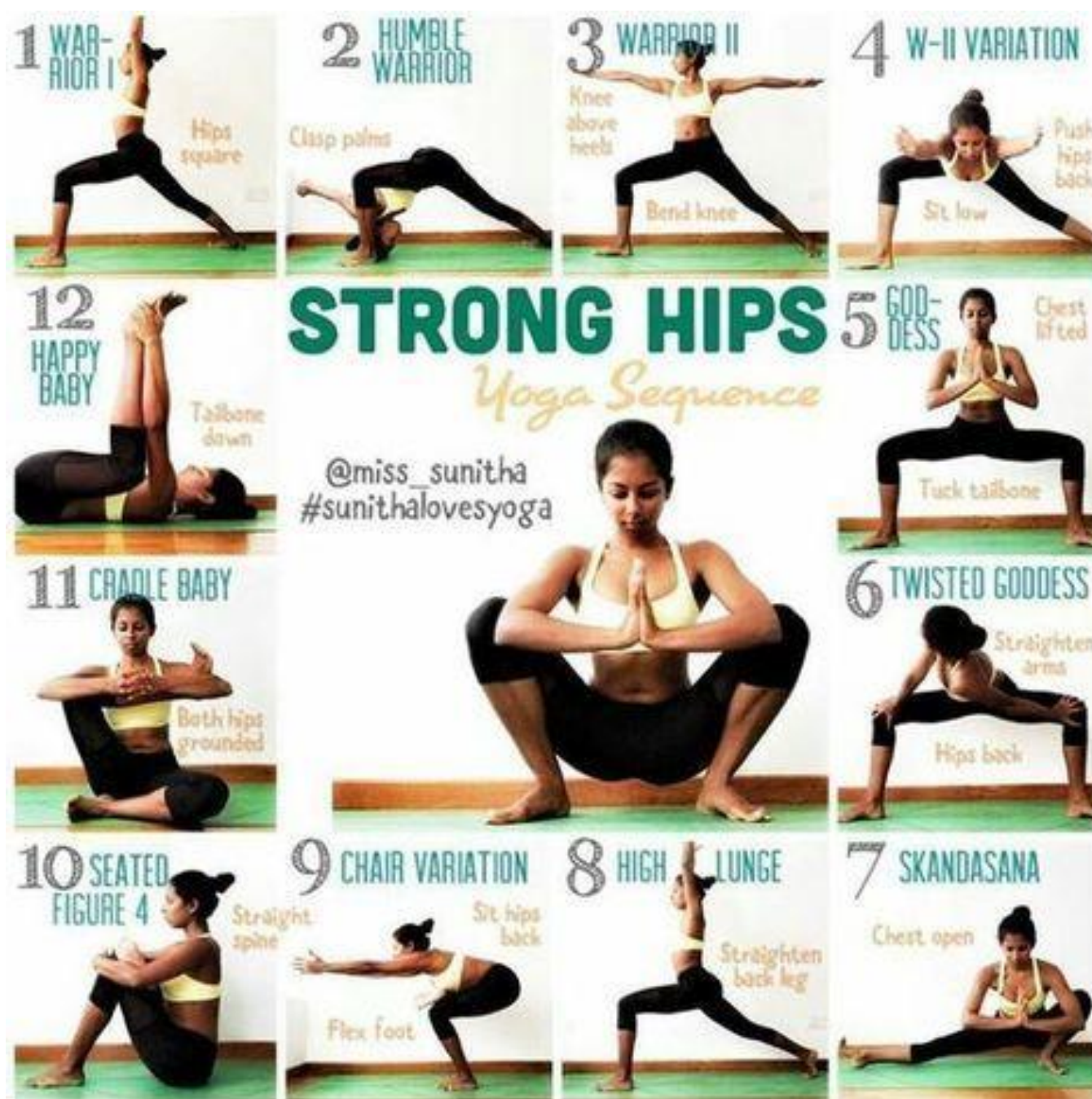


Some of the best stretches to do every day for an hour after waking up and before bed.



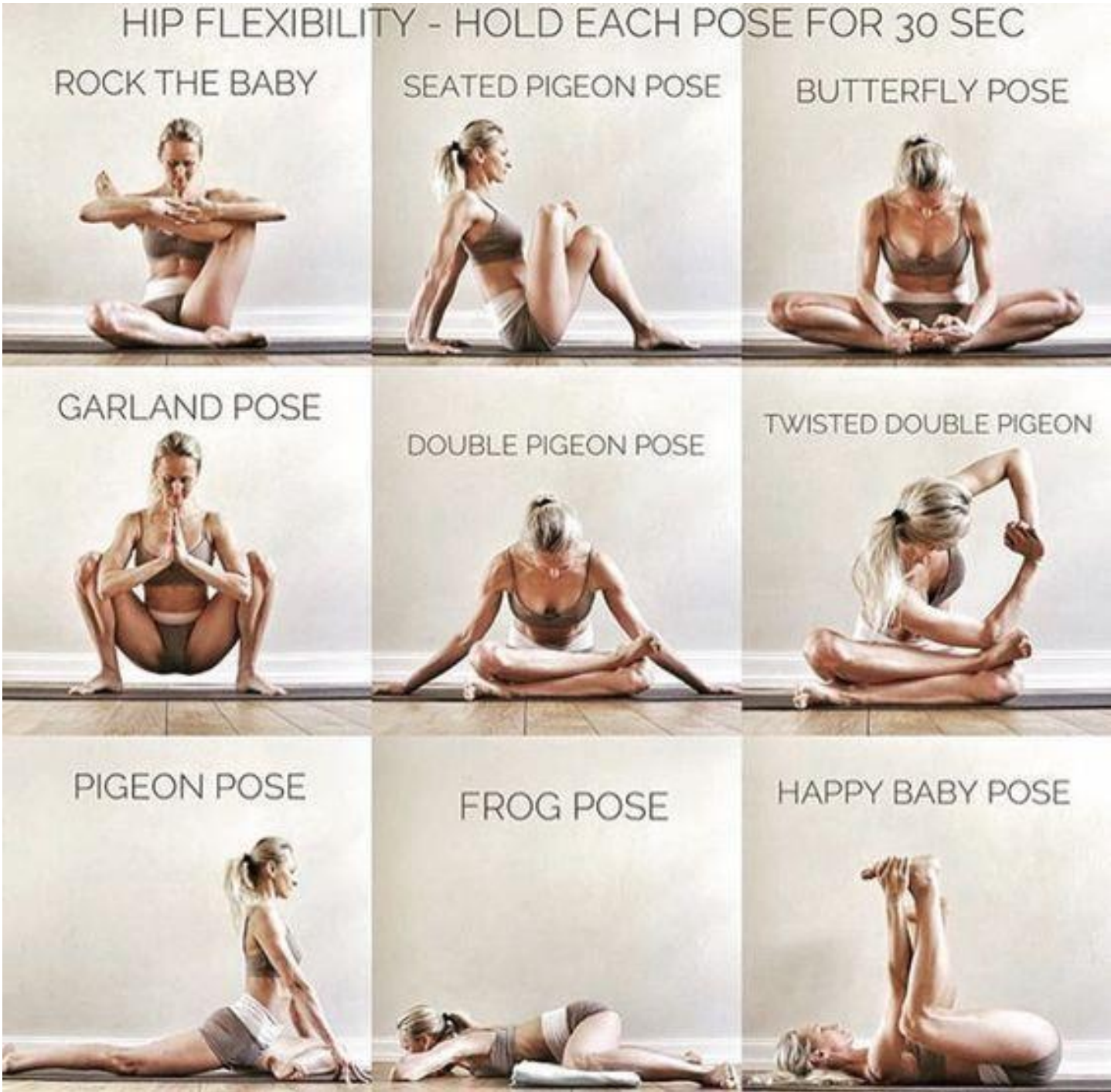




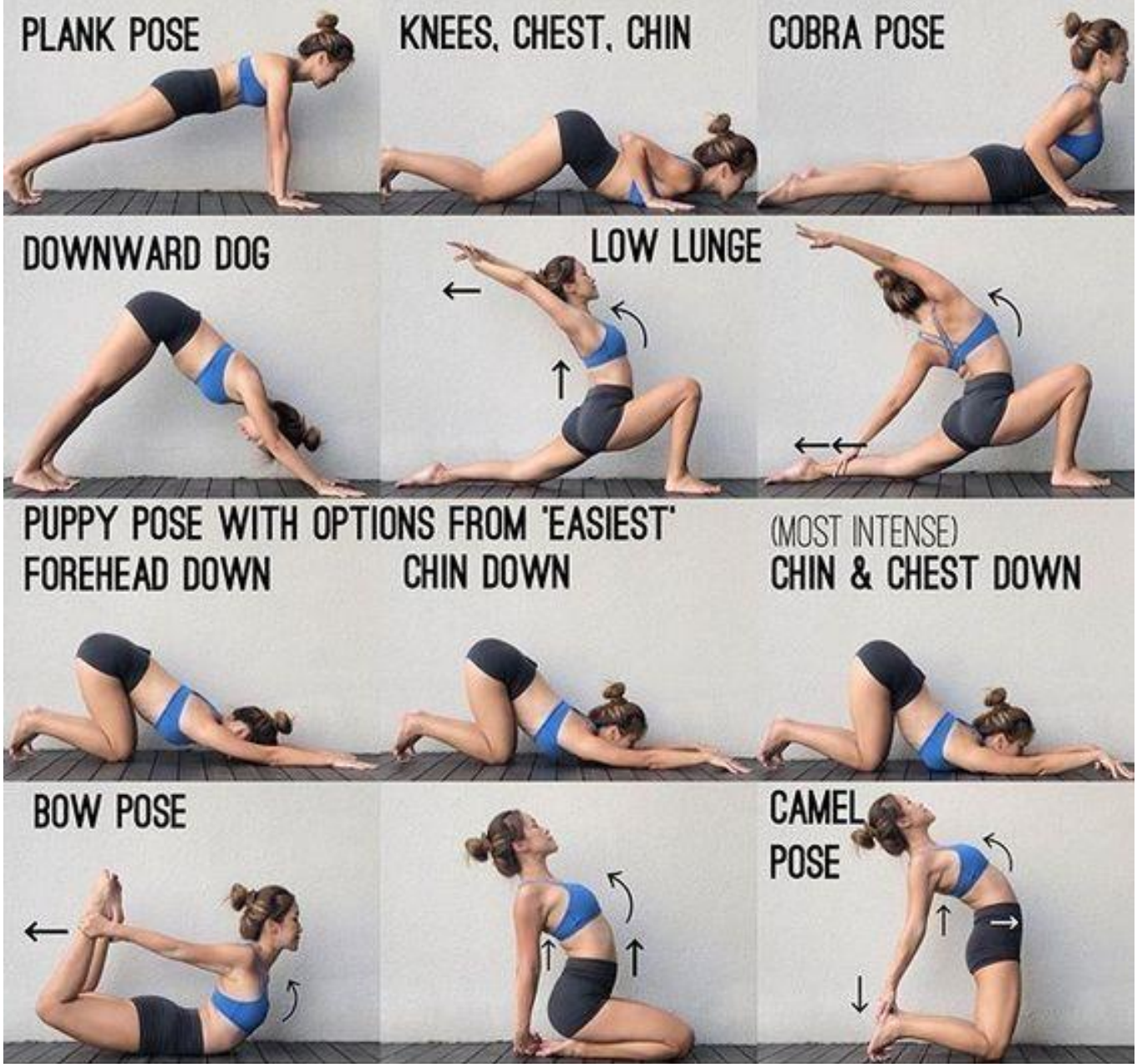




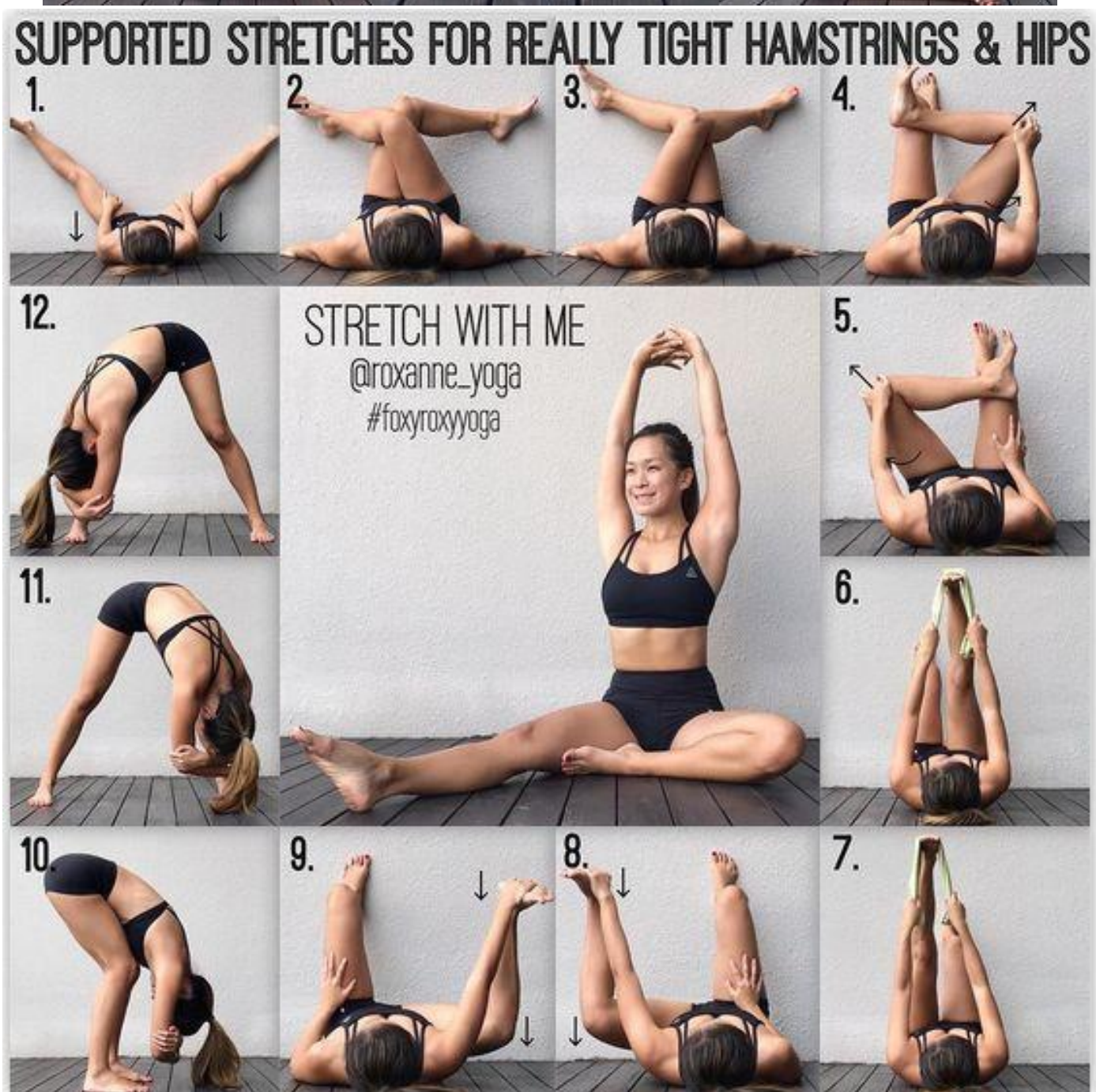




**'AWAKEN YOUR BODY' MORNING RITUAL WITH @ROXANNE\_YOGA**









# 4 SIMPLE IT BAND STRETCHES

BENT KNEE TWISTED  
UTTANASANA



GOMUKHASANA LEGS  
WITH A TWIST



TWISTED  
HALF SPLITS



*Releases outer hips & low back*

PRONE TWISTED  
PADANGUSTHASANA

@catvaladezyoga



## HOW TO: STRENGTHEN LOW BACK

Jasmine Yoga

### 1 LIFT THIGHS N CHEST



NO ARCH



BACK STRAIGHT  
ARMS FORWARD

### 2

### 3 SPHINX POSE

RELAX LOWER BODY



LIFT KNEES



HOLD 10-20S

### 4

FISTS UNDER  
LOWBACK



PELVIC TILT

SCOOP TAILBONE UP



KNEES TO SHOULDERS  
STRAIGHT LINE

