

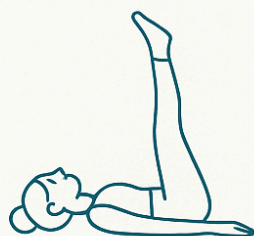
Quick-Reference Yoga/Stretch Chart

Quick-Reference Bedtime Yoga & Stretches



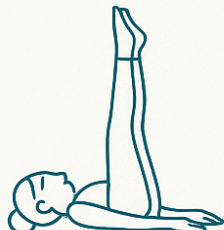
**Neck Rolls +
Shoulder Shrugs –**
release tension

Cat-Cow –
*spinal mobility
and relaxation*



Forward Fold
*decompress lower
back*

Legs-Up-the-Wall Pose
calms heart rate



**Child's Pose with
Deep Breathing –**
nervous system reset



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