

# the Fold

yoga workout

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LEVEL I 20 seconds

LEVEL II 30 seconds

LEVEL III 60 seconds



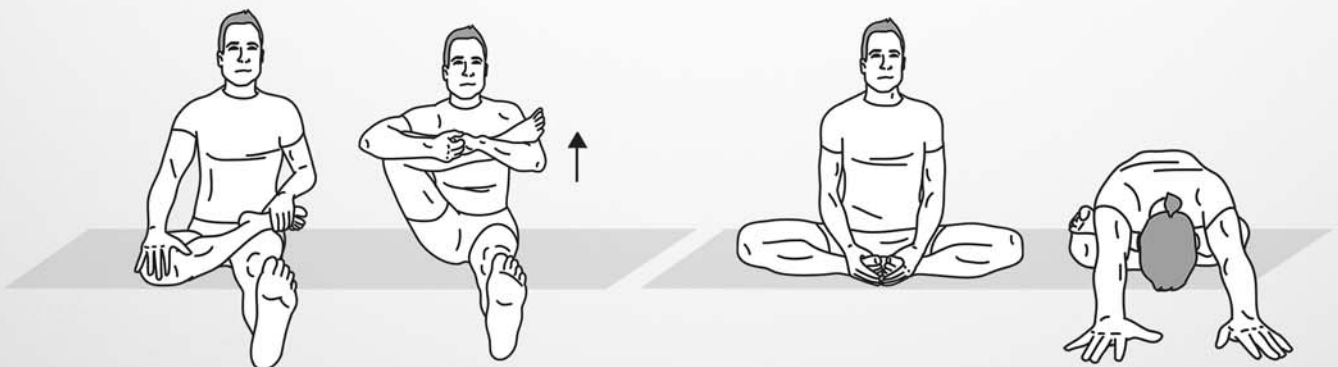
**1. Elbow Tuck: Fold & Hold (each)**

**2. Lock: Fold & Hold (each side)**



**3. Hands Lock & Extend - repeatedly**

**4. Pigeon Pose: Fold & Hold (each)**



**5. Foot Tuck & Hug - repeatedly each**

**6. Forward Fold & Hold**