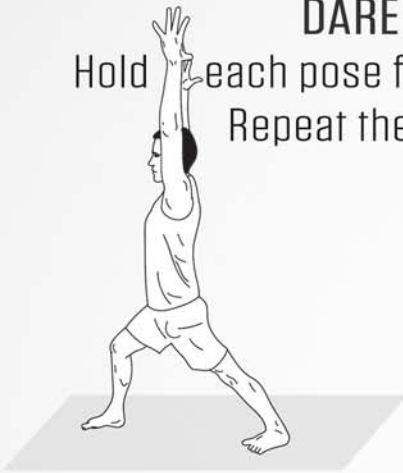


INNER WARRIOR

DAREBEE WORKOUT @ darebee.com

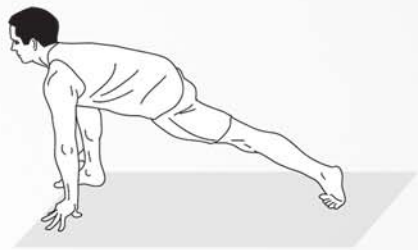
Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



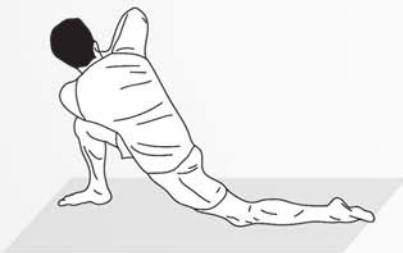
1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero