

INSOMNIA YOGA

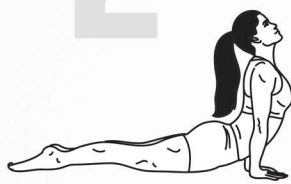
DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9

