

# Gentle Yoga Flow



**Wide-knee child's pose**  
Establish deep breath.



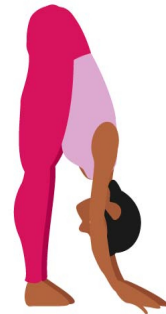
**Cat-Cow stretch**  
6-8 times inhale (cow) and exhale (cat).



**Extended puppy pose**  
6-8 breaths.



**Downward facing dog**  
Bicycle the legs.



**Ragdoll**  
Keep knees bent, rock side to side to relax neck and spine.