Yoga for Self-Awareness and Self-Care Poses



Square Breathing



Breath with Arm Flow



Ear to Shoulder



Seated Neck Rolls



Seated Shoulder Rolls



Arms Up



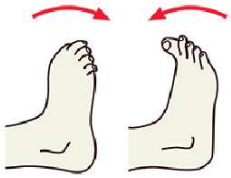
Revolved Easy Pose



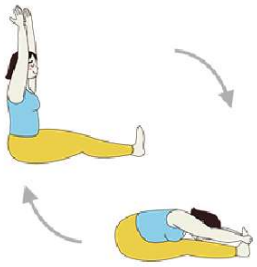
Seated Cat Cow Pose



Staff Pose



Toe Stretch



Seated Forward Fold



Revolved Staff Pose



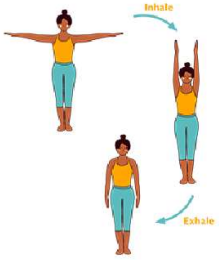
Bound Angle Pose



Deer Pose



Kneeling Side Stretch



Mountain with Arms and Breath



Upward Salute Side Bend Pose



Upward Mountain Pose Namaste Hands



Standing Forward Fold



Halfway lift

5 Senses: 5 things you can see, 4 things you can feel or touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

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