

SEATED WARM-UP POSES



Staff



Hands at
Heart



Arms Up



Touch
Your
Toes



Boat
Pose



Slide



Candle-
Stick



Knees In



Tiny
Twist
#1



Tiny
Twist
#2



Tiny
Twist
#3



Tiny
Twist
#4

*(Drop knees down to the right, then left.
Repeat each side twice.)*