



Always follow your doctors recommendations as to what exercise is safe for you to engage in. Only bend and stretch as far as is comfortable. Yoga is safe and strengthening for anyone when practiced with this principal in mind. This practice 5-10 minutes a day can really change your life. Breathe & Enjoy!

Sun Salutations - Basic Yoga practice for better Body-Mind-Spirit



Follow your breath and be sure to repeat this series for each side - Right & Left.