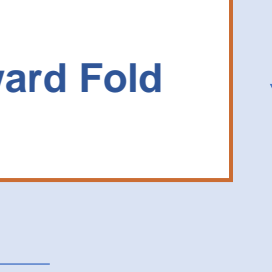
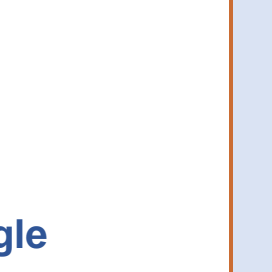
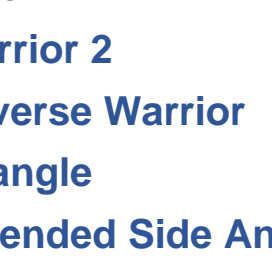
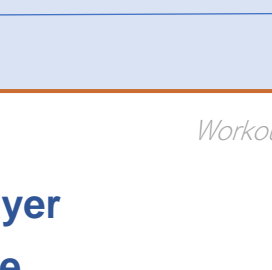
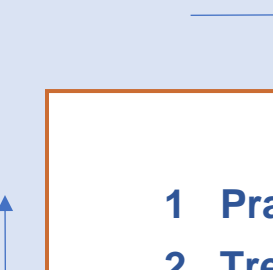
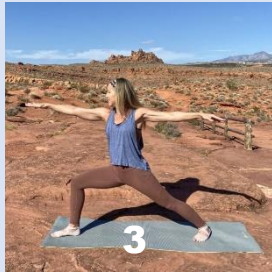


Yoga 8-Pose Warrior Sequence



**Workouts by
Trainer Stef**

Follow the sequence multiple times through on both sides. Vary between doing long holds and quicker flows each time through the sequence. Watch the corresponding video on FitRV website for form cues and for senior modifications. Namaste! 🙏



- Workouts by FitRV Stef ©*
- 1 Prayer**
 - 2 Tree**
 - 3 Warrior 2**
 - 4 Reverse Warrior**
 - 5 Triangle**
 - 6 Extended Side Angle**
 - 7 Warrior 1**
 - 8 Wide Legged Forward Fold**