

BACK PAIN

YOGA WORKOUT
© darebee.com
Hold each pose
for 20 seconds.

relief



forward bend



warrior I



warrior II



triangle



side stretch



revolving triangle



half moon



warrior III



extended big toe hold

Backup & Restore

DAREBEE WORKOUT
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slowly move
from one position
to the next;
hold each pose
for 4 seconds



hero pose



child's pose



reach



downward dog



upward dog



knee-in (each leg)



reach



child's pose



hero pose

GOOD MORNING, BEAUTIFUL

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Hold each pose for 60 seconds then move on to the next one.

Repeat the sequence again on the other side.



before **BED** YOGA

WORKOUT
BY DAREBEE
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30 seconds
wide squat hold



30 seconds
O-pose hold



30 seconds
boat pose hold



30 seconds
fold hold

bliss

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Hold each pose for 60 seconds then move on to the next one.



Centered

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Hold each pose for 20 seconds then move on to the next one.

Repeat each sequence again on the other side.

SEQUENCE #1



SEQUENCE #2



SEQUENCE #3



CHRYSALIS

DAREBEE WORKOUT © darebee.com

Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9



Dream Catcher

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



EVERYDAY YOGA

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Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



deep lunge with twist

downward dog

upward dog



cat pose

cow pose

pigeon pose

FACE the DAY

DAREBEE
WORKOUT
@ darebee.com



hold each pose for 20 seconds
change sides and repeat the sequence again



hold each for 5 seconds
repeat the sequence 5 times

5 quick exhalations



hold the pose
for 20 seconds

hold the pose
for 20 seconds

hold the pose
for 60 seconds

GAIIA

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



Glow Up

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



GLOW

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Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



GOOD MORNING YOGA

BY DAREBEE

© darebee.com

Hold each pose
for 30 seconds
then move on
to the next one.



my HAPPY PLACE

WORKOUT
BY DAREBEE
© darebee.com



60sec stretch #1



60sec stretch #2



60sec stretch #3



10 minutes meditation

INSOMNIA YOGA

DAREBEE WORKOUT © darebee.com

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9

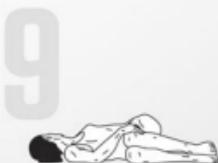


MORNING MOBILITY

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Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



Morning Ritual

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Hold each pose for 30 seconds then move on to the next one.



OPTIMIZED

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Hold each pose for 30 seconds then move on to the next one.

Change sides and repeat the sequence.



rawr

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



recovery

YOGA WORKOUT by DAREBEE @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



10



11



12



self-care

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



SERENITY

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Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



TUNE OUT

DAREBEE WORKOUT © darebee.com

Hold each pose for 60 seconds then move on to the next one.



ZEN

DAREBEE WORKOUT @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

