

# DE-STRESS YOGA FIX

by DAREBEE @ [darebee.com](https://darebee.com)

Change sides and repeat.



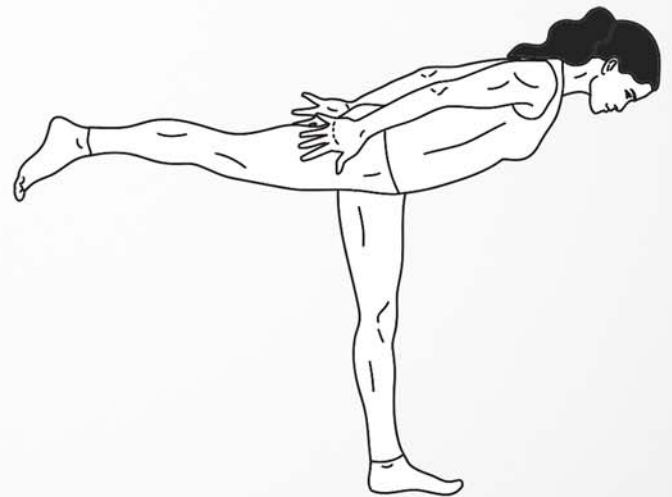
Eagle

**30**  
seconds



Tree Pose

**30**  
seconds



Warrior III

**30**  
seconds