

# 5 MINUTE MORNING YOGA CHALLENGE

YOGA WITH ULIANA

- DAY 1: WAKE UP YOUR SPINE
- DAY 2: EASY STRETCH
- DAY 3: STANDING YOGA FLOW
- DAY 4: SUN SALUTATION
- DAY 5: FULL BODY STRETCH
- DAY 6: FLEXIBILITY ROUTINE
- DAY 7: STANDING PRACTICE