



SOUTH MOUNTAIN YMCA CAMPS

Camping From Home

Mini Yoga Session

YOGA MINI SESSION: FOR A BETTER NIGHT'S SLEEP

A quick yoga session is a great way to prepare your body for a better night's sleep. Try this mini session below!



20 Second Hero Pose



20 Second Camel Pose



20 Second Child's Pose



20 Second Upward Dog



**20 Second Sitting
Forward Fold**



20 Second Supine Twist



20 Second Bridge



20 Second Knees-To-Chest



20 Second Corpse Pose