



Man Flow Yoga 7-Day Intro Pose Guide

Day 5 - Shoulders

Beginner



Strap Behind Back
Hold for :60 - 2 Sets



Standing Side Stretch
Hold for :30 to :45 Each Side - 2-3 Sets



Down Dog on Wall
Hold for :30 to :60 - 2 Sets

Intermediate



Strap Behind Back w/Fold
Hold for :60 - 2 Sets



Standing Side Stretch
Hold for :60 Each Side - 2 Sets



Down Dog on Knees
Hold for :30 to :60 - 2-3 Sets

Advanced



Wide Legged Fold w/Fingers Interlaced
Hold for :60 - 2 Sets



Standing Side Stretch
Hold for :60 Each Side - 2 Sets



Down Dog
Hold for :30 to :60