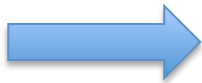


# Anxiety Relief Yoga Flow Sequence



Childs Pose



Forward Fold



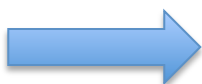
Tree Pose



Warrior Three



Waterfall or Leg up the wall pose



Corpse Pose

# **Anxiety Relief Yoga Flow Sequence**