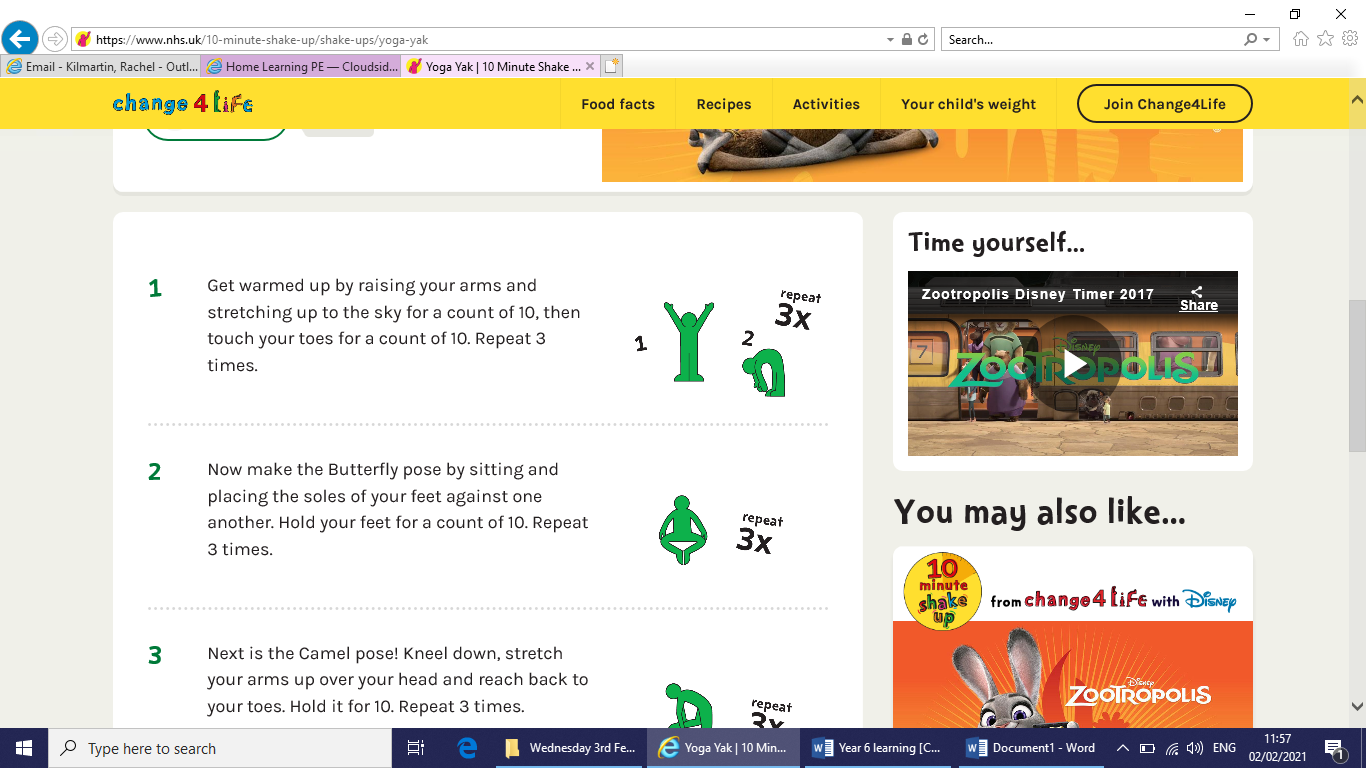
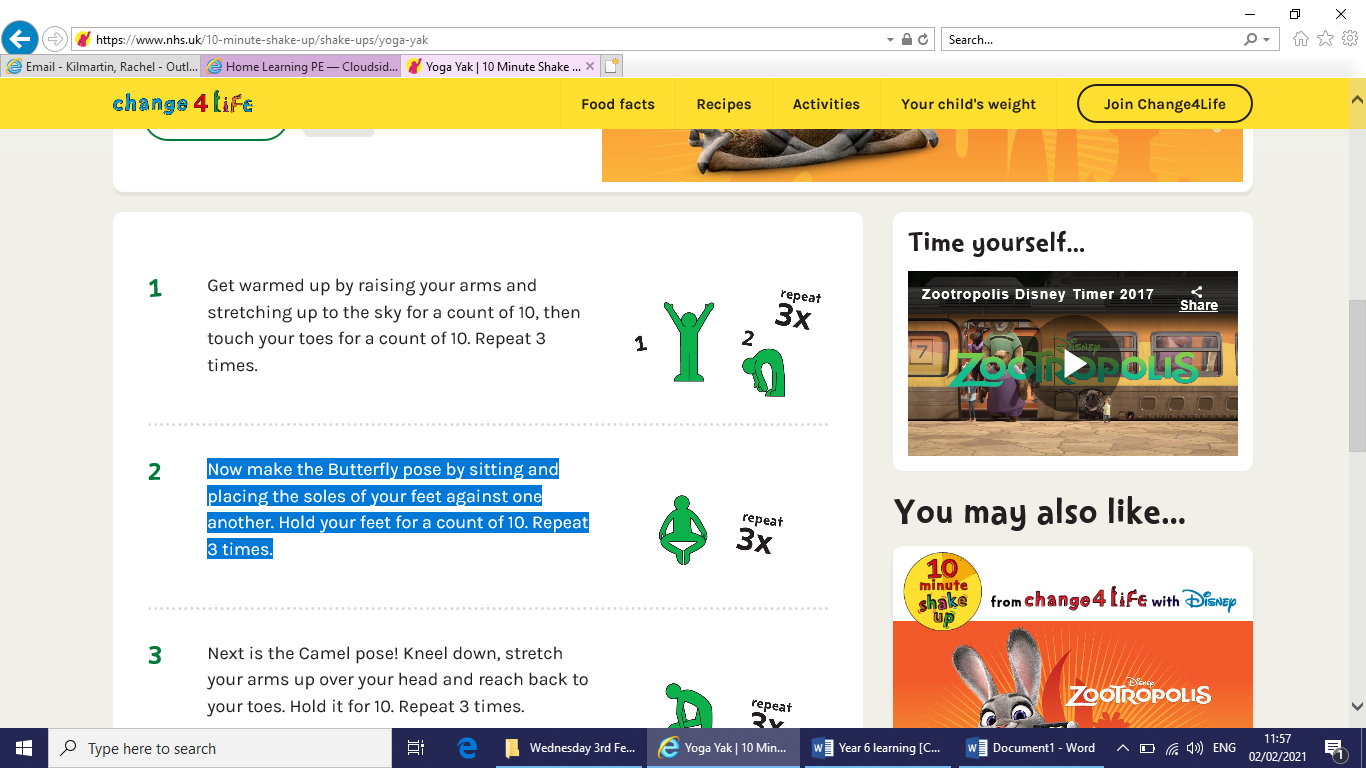
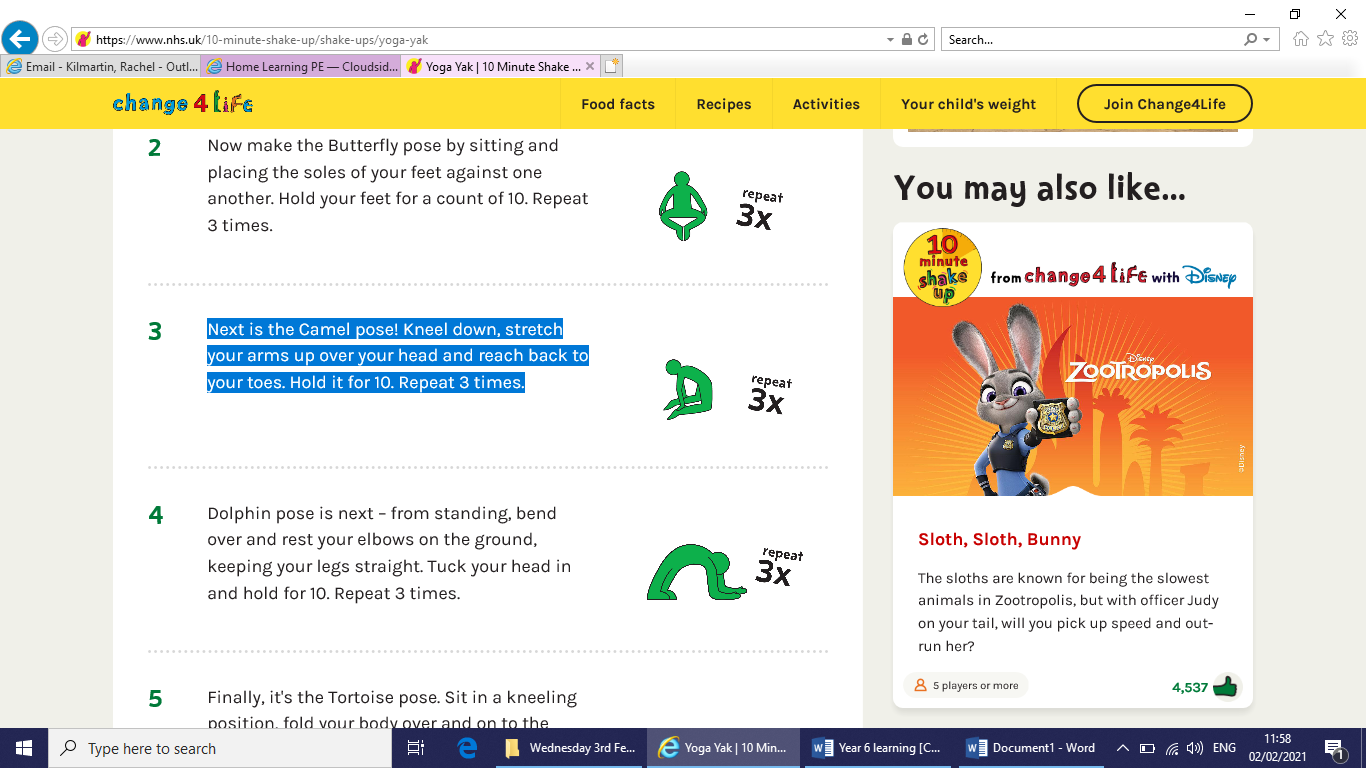
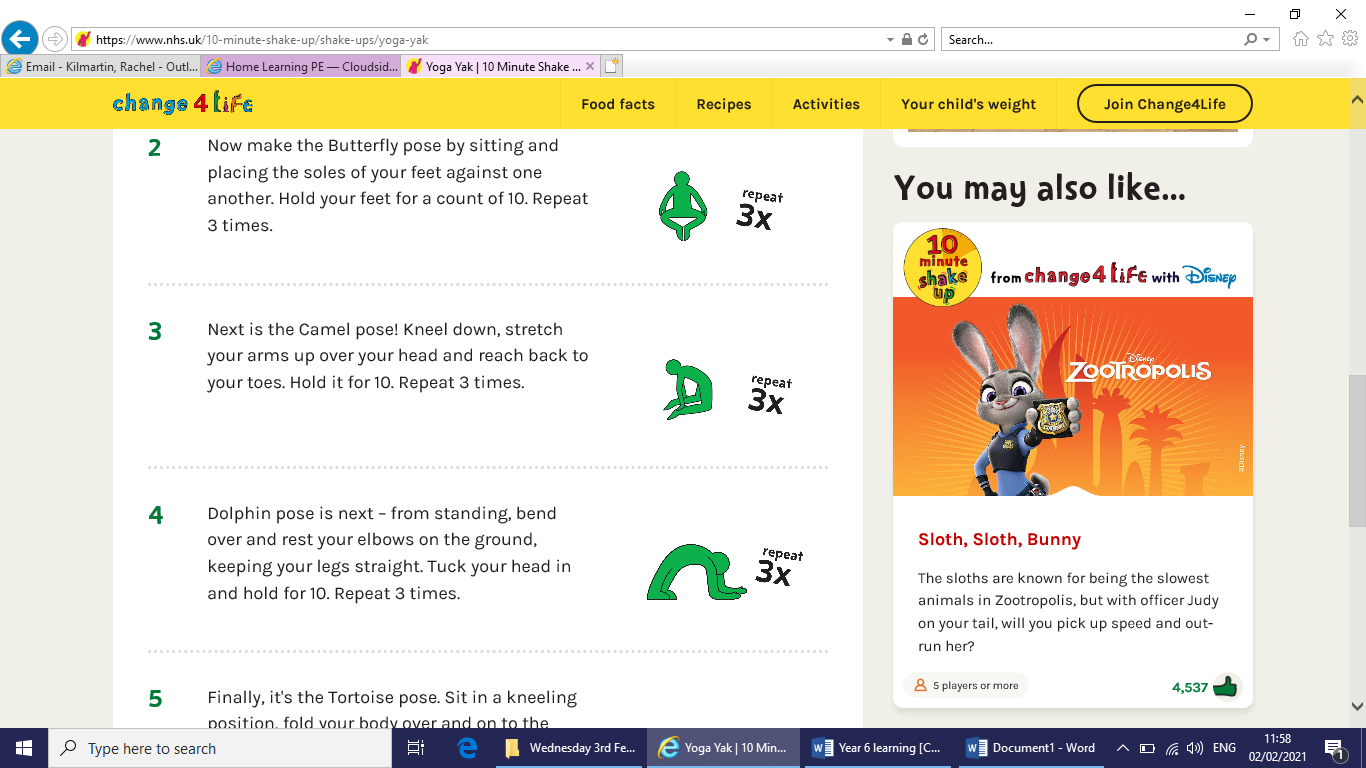
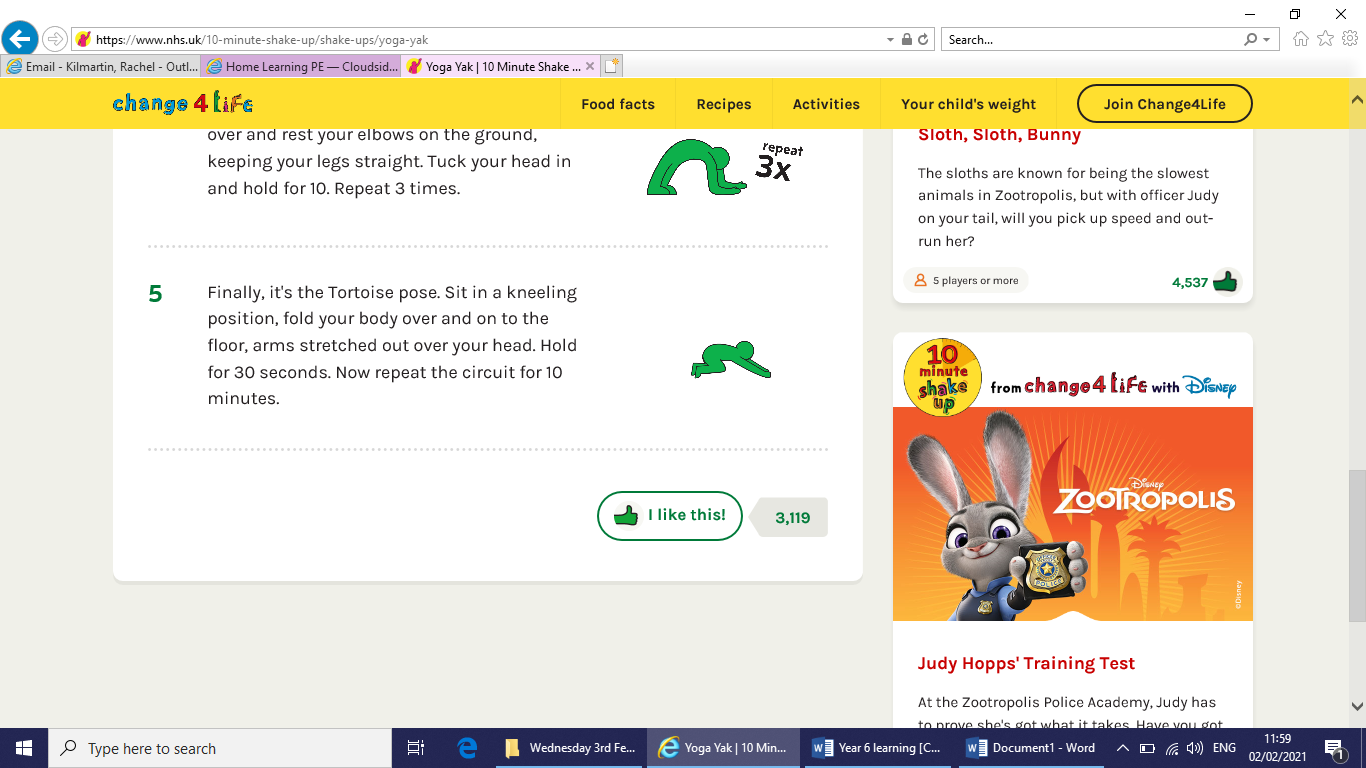
Exercises: Yoga Stretches

1. Get warmed up by raising your arms and stretching up to the sky for a count of 10, then touch your toes for a count of 10. Repeat 3 times.
2. Now make the Butterfly pose by sitting and placing the soles of your feet against one another. Hold your feet for a count of 10. Repeat 3 times.
3. Next is the Camel pose! Kneel down, stretch your arms up over your head and reach back to your toes. Hold it for 10. Repeat 3 times.
4. Dolphin pose is next – from standing, bend over and rest your elbows on the ground, keeping your legs straight. Tuck your head in and hold for 10. Repeat 3 times.
5.  Finally, it's the Tortoise pose. Sit in a kneeling position, fold your body over and on to the floor, arms stretched out over your head. Hold for 30 seconds. Now repeat the circuit for 10 minutes.