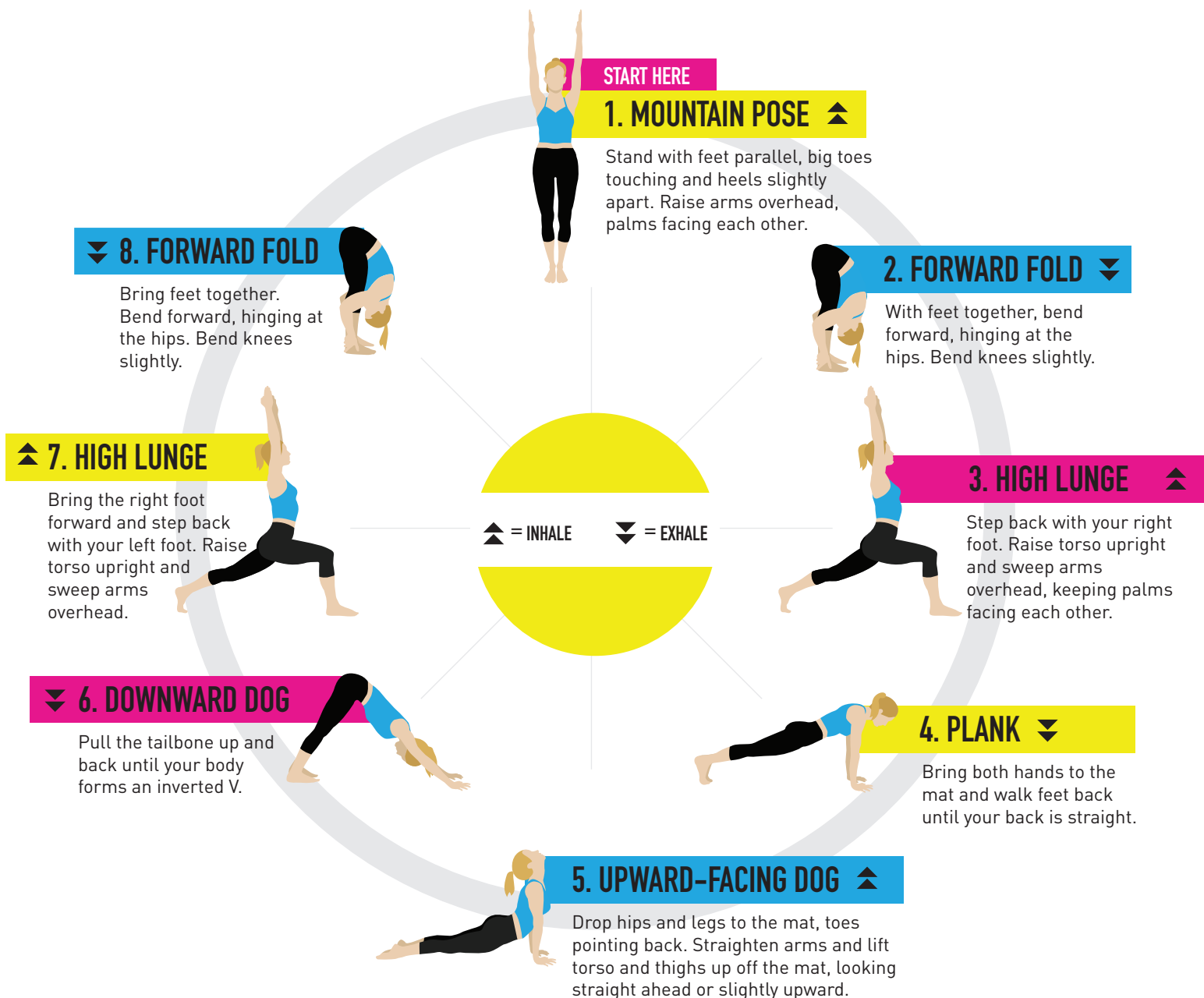


WAKE UP TO YOGA

The Sun Salutation, or Surya Namaskar, is a traditional yoga sequence to warm up and align the entire body.

Move through each pose at your own pace, breathing normally.

Remember, talk to your care team before starting any new physical activity or exercise routine.



Find more fitness resources at Everyday-CF.com.

