

# 3-minute seated

IN COLLABORATION WITH



# Yoga

DAREBEE WORKOUT

@ [darebee.com](https://www.darebee.com)

30 seconds each



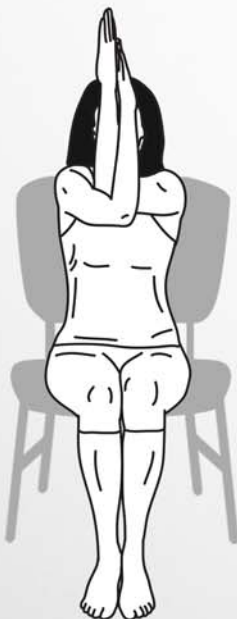
body fold



stretch up



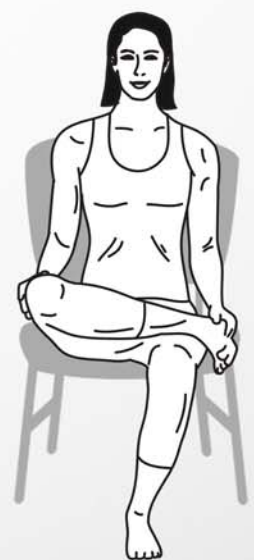
side stretch



lotus twist



lift & reach



half lotus