



Home Practice

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You will need a mat, block and 10 minutes:

Breathing:

Lateral Breath + Supine Twist

Engagement:

Bridge w/block

Cat/Cow

Thunderbolt Post

Release:

Low Squat

Happy Baby

Breathe and Rest



FOR YOUR DAILY DOSE OF CORE, PLEASE VISIT
@EMILYODEAWELLNESS FOR MORE INSPIRATION