



Day	Focus	Poses Included	Time
Day 1	Gentle Reset	Child's Pose, Cat-Cow, Knees-to-Chest, Legs Up the Wall	10-12 min
Day 2	Hip Relief	Child's Pose, Reclined Figure Four, Supine Spinal Twist, Legs Up the Wall	12-15 min
Day 3	Rest / Recovery	Optional light walking or complete rest	—
Day 4	Back Support	Cat-Cow, Supported Bridge, Sphinx Pose, Child's Pose	10-12 min
Day 5	Full Gentle Flow	Child's Pose, Cat-Cow, Reclined Figure Four, Supported Bridge, Low Cobra, Legs Up the Wall	~15 min
Day 6	Optional / Modify	Downward Dog (bent knees), Supported Forward Fold, Supine Twist, Child's Pose	~10 min
Day 7	Rest Day	No structured yoga	—

