

# Backup & Restore

DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

slowly move  
from one position  
to the next;  
hold each pose  
for 4 seconds



hero pose



child's pose



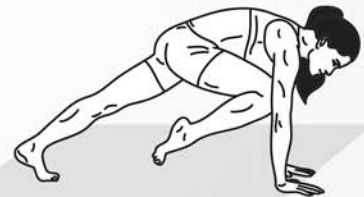
reach



downward dog



upward dog



knee-in (each leg)



reach



child's pose



hero pose