

Getting ready



shoes off



socks off



yoga mat

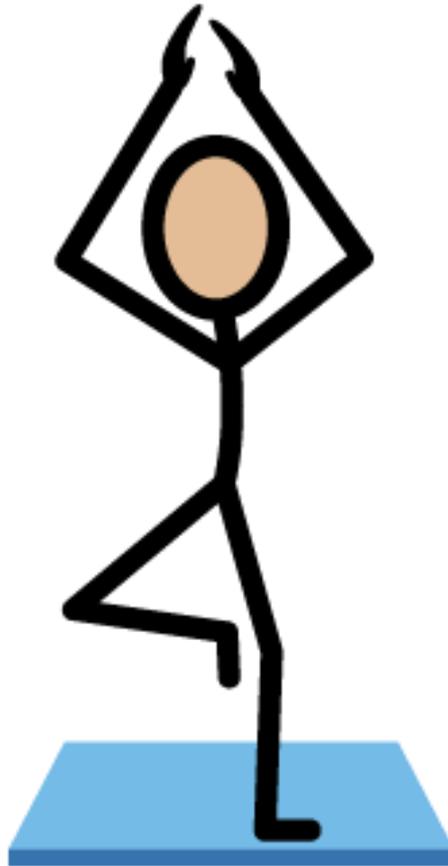


bands





Yoga



Mountain

STAND



Earth

Strength

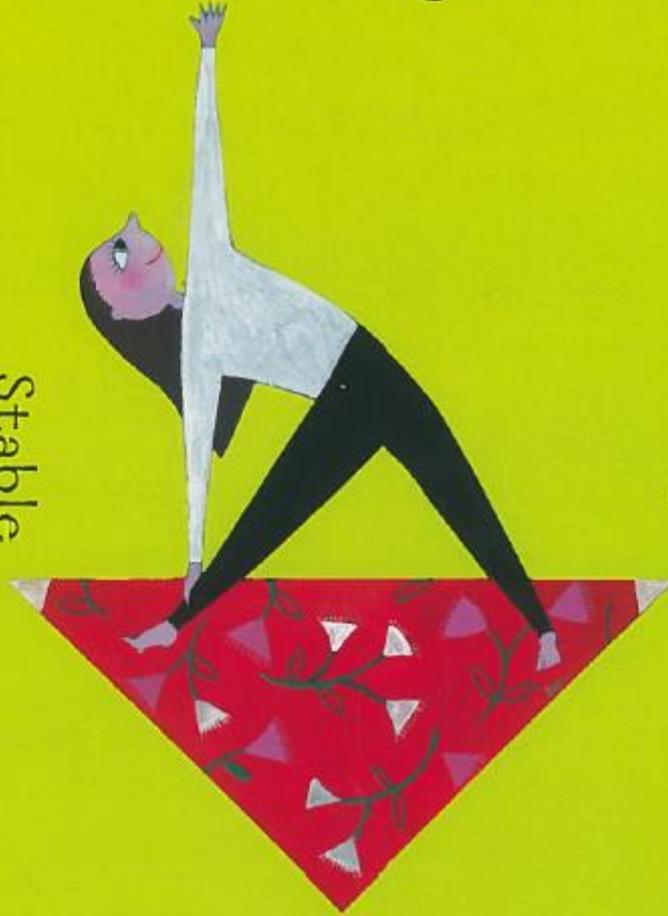
Majestic

Triangle

STAND

Stable

Open



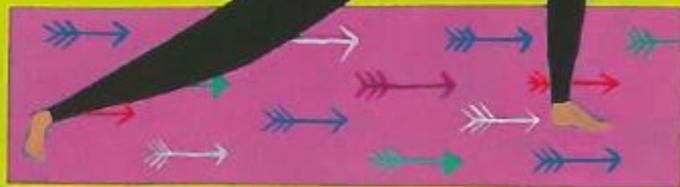
Stretching

warrior I

STAND

Planted

Determined

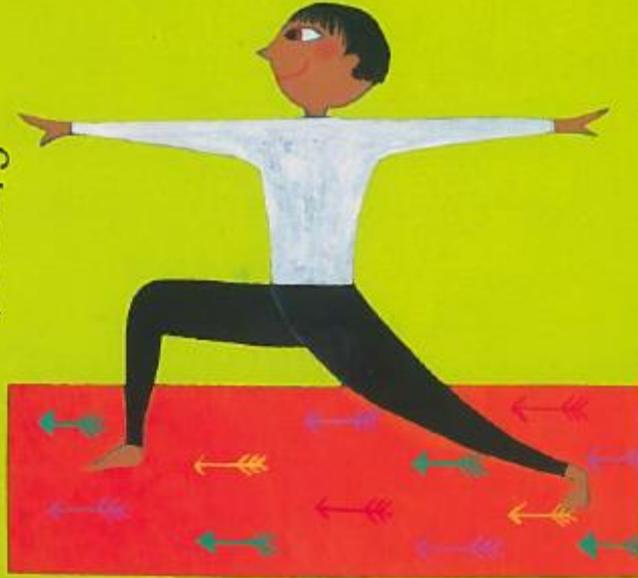


Reaching

warrior II

STAND

Strong



Trustworthy

Focused

FORWARD
BEND

Rock



Grounded

Still

Silent

cat

TWIST &
STRETCH

Balanced



Fluid

Supple

BALANCE

Plank

Aligned



Lifted

Solid

BACK BEND

Cobra

Long



Majestic

Smooth

FORWARD
BEND

Rock



Grounded

Still

Silent

Gorilla

FORWARD
BEND



Flexible

Swinging

Strong

Down Dog

FORWARD
BEND

Stretching



Playful

Open

FORWARD
BEND

Rock



Grounded

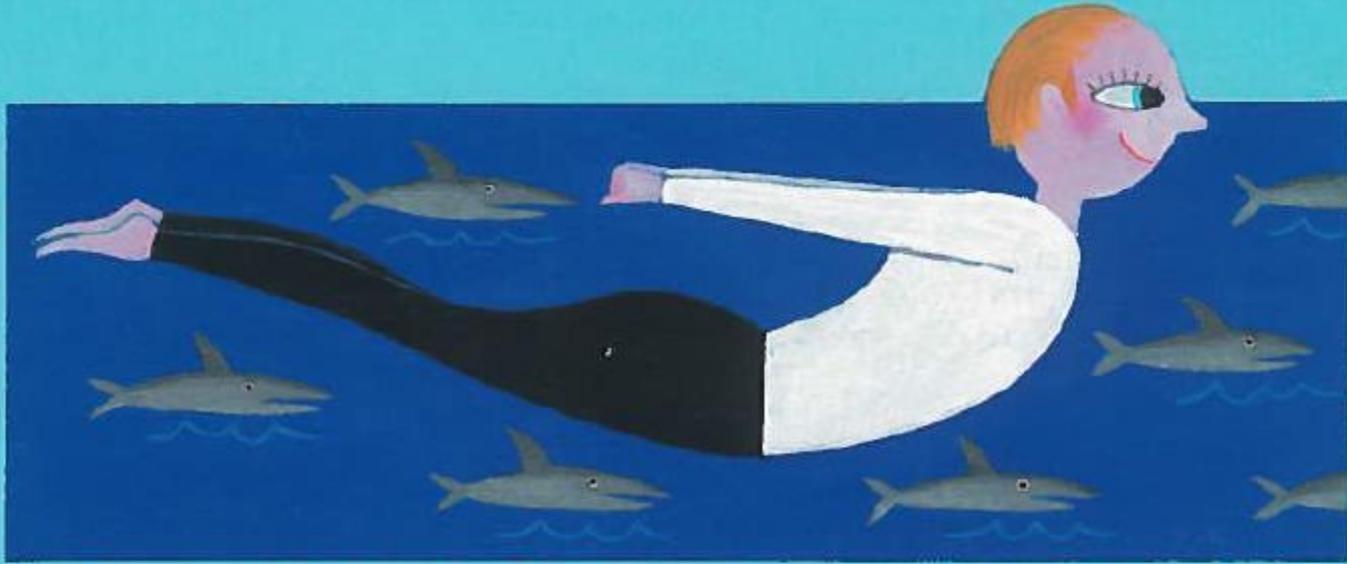
Still

Silent

BACK BEND

Shark

Sleek



Determined

Powerful

BALANCE

Boat



Stable

Balanced

Strong

TWIST &
STRETCH

Lying Twist

Relaxed



Receptive

Open

Rainbow Breath

WATER

Wave



Cleanse

Breathe

RAINBOW BREATH



Sit cross-legged with your hands on your knees. Inhale, arch your back and look up. Exhale, round your back and look down.

Repeat 7 times, breathing each shade of the rainbow . . . red, orange, yellow, green, blue, indigo, violet.

Rainbow Breath cleans and brightens your whole body! Let your spine undulate like a wave.



song

Special Place

TIME IN



Relax