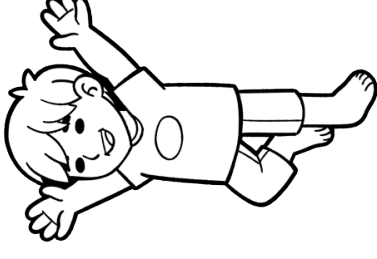


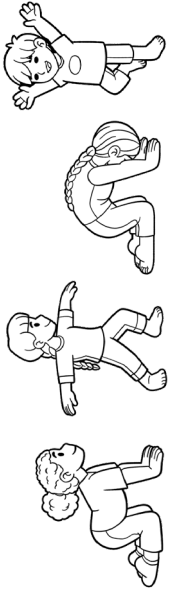
Tree Pose

1. Stand straight with your feet together.
2. Shift your weight onto your left foot.
3. Lift your right foot and place it on your left leg, either above or below your knee.
4. Bring your hands together in front of your chest, like a tree trunk.
5. Slowly raise your arms above your head, spreading them out like branches.
6. Focus on a spot in front of you to help keep your balance.
7. Take a few deep breaths, feeling strong and steady.

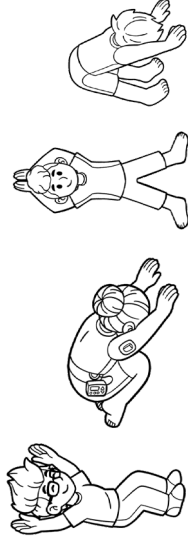


Downward Dog Pose

1. Begin on your hands and knees, like a tabletop.
2. Push your hips up toward the sky, straightening your legs.
3. Your body should look like an upside-down V shape.
4. Press your hands firmly onto the ground, and keep your feet hip-width apart.
5. Look at your legs or belly button.
6. Take a few deep breaths, feeling strong and stretched.

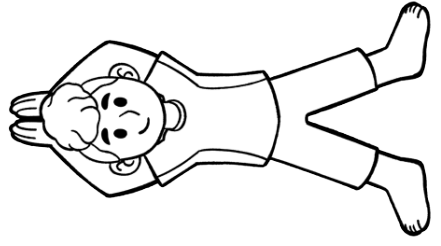


Bend and Stretch Fun Yoga for Young Learners



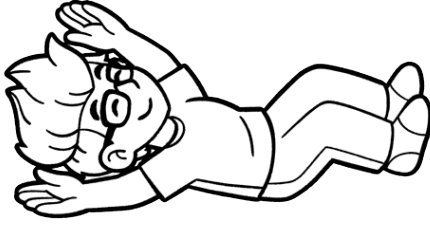
House Pose

1. Stand straight with your feet together.
2. Step your feet apart so that they are wider than your hips.
3. Bring your hands together above your head, creating a pointed roof shape.
4. Reach your arms up high, stretching toward the sky.
5. Keep your eyes looking straight ahead.
6. Take a few deep breaths, feeling strong and steady.



Chair Pose

1. Stand straight with your feet together.
2. Slowly bend your knees as if you're about to sit in an invisible chair.
3. Raise your arms straight up toward the sky, keeping them close to your ears.
4. Make sure your back stays straight and your chest is lifted.
5. Focus on a point in front of you to help with balance.
6. Take a few deep breaths, feeling strong and stable.



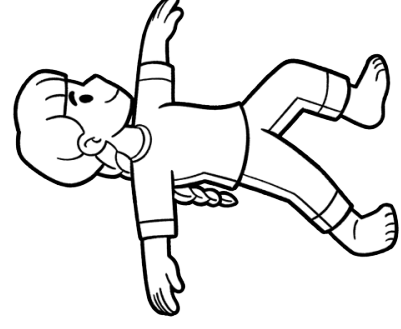
Child's Pose

1. Begin on your hands and knees, like a tabletop.
2. Gently sit back on your heels, lowering your hips.
3. Stretch your arms out in front of you, reaching as far as you can.
4. Set your forehead touch the ground and relax.
5. Take a few deep breaths, feeling calm and peaceful.



Warrior Pose

1. Stand straight with your feet together.
2. Take a big step forward with your right foot.
3. Bend your right knee over your ankle. Keep your left leg straight.
4. Lift your arms up toward the sky, hands facing each other.
5. Look straight ahead, feeling like a brave warrior.
6. Take a few deep breaths.
7. Return to the start and repeat with your left foot forward.



Cat/Cow Pose

1. Begin on your hands and knees, like a tabletop.
2. Round your back up toward the ceiling, tucking your chin to your chest like a scared cat.
3. Lower your belly toward the ground, lifting your head and tailbone up like a happy cow.
4. Alternate between cat and cow poses, moving slowly and gently.
5. Breathe in as you move into cow pose, and breathe out as you move into cat pose.

