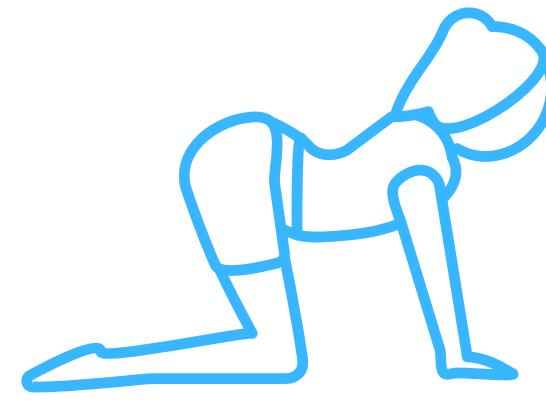


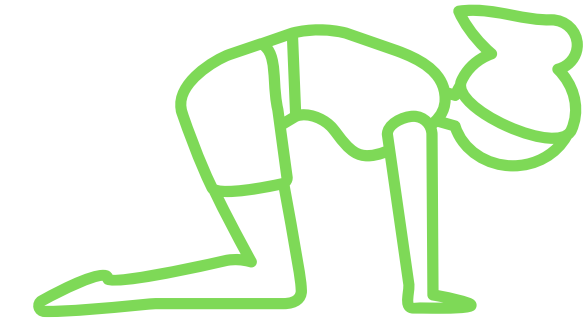
CHILD'S POSE

SIT BUTT BACK ONTO HEELS, REACH ARMS FAR OUT IN FRONT, AND REST FOREHEAD ON THE FLOOR IN FRONT OF YOU



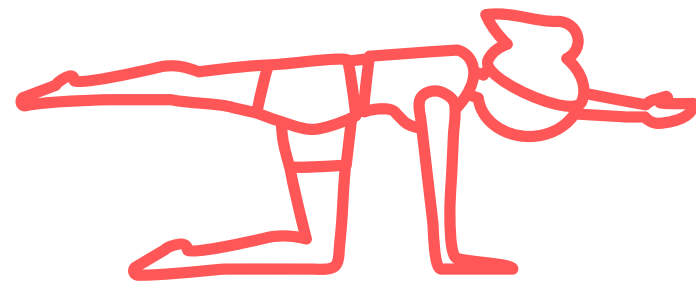
CAT-COW

ON HANDS AND KNEES, DIP BELLY DOWN TO THE GROUND AND RAISE FACE UP TOWARD THE SKY. THIS IS COW.



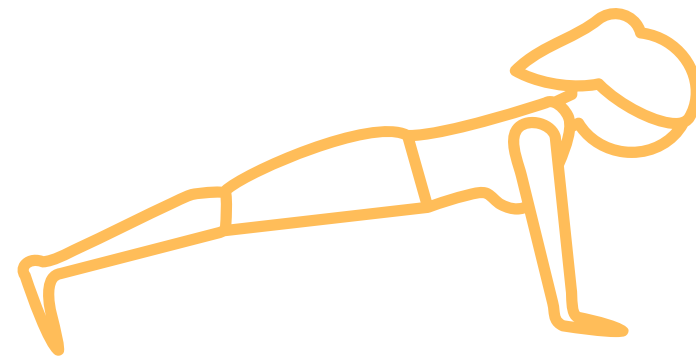
CAT-COW

ON HANDS AND KNEES, ARCH YOUR BACK WHILE YOU PULL YOUR BELLY BUTTON IN AND TUCK YOUR CHIN DOWN. THIS IS CAT.



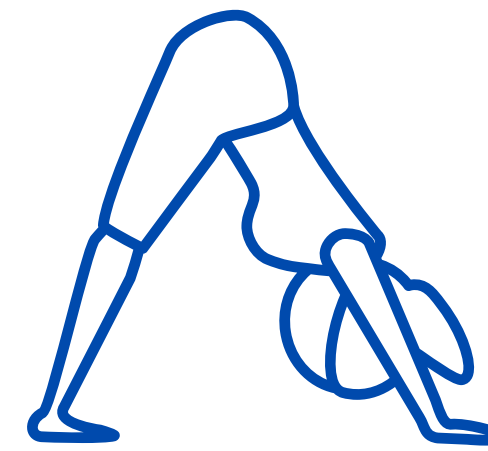
BROKEN TABLE

ON HANDS AND KNEES, RAISE ONE ARM STRAIGHT OUT IN FRONT, ALTERNATE OTHER ARM. RAISE ONE LEG BEHIND YOU STRAIGHT, ALTERNATE OTHER LEG. FOR A CHALLENGE, EXTEND ONE ARM AND OPPOSITE LEG AT THE SAME TIME, SWITCH SIDES.



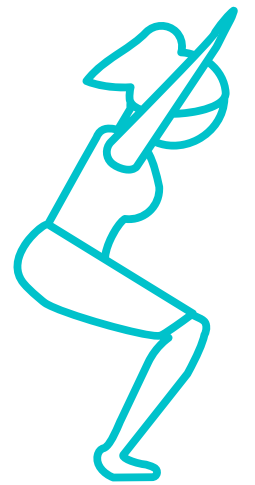
PLANK

ASSUME A PUSH UP POSITION AND KEEP YOUR BODY STRAIGHT. LOOK AT A SPOT IN FRONT OF YOU ON THE GROUND. TUCK BELLY BUTTON IN AND HOLD FOR 10 SECONDS OR MORE!



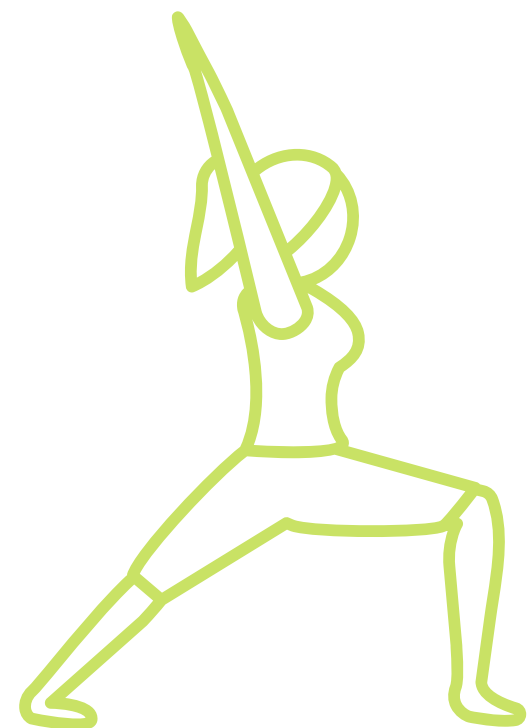
DOWNWARD DOG

FROM PLANK POSITION, LIFT HIPS TOWARD CEILING AND PUSH YOUR CHEST TOWARD THE TOPS OF YOUR THIGHS. BEND YOUR KNEES AS NEEDED.



CHAIR POSE

WITH FEET TOGETHER, BEND KNEES AS IF YOU ARE SITTING IN A CHAIR, RAISE ARMS BY EARS. SQUEEZE THIGHS TOGETHER AND KEEP TUMMY TIGHT.



WARRIOR ONE

PLACE LEGS INTO A LUNGE POSITION WITH BACK FOOT TURNED SLIGHTLY OUTWARD, BEND FRONT LEG, AND RAISE ARMS TOWARD SKY.



WARRIOR TWO

FROM WARRIOR ONE POSITION, TURN BACK FOOT OUTWARD, AND SPREAD ARMS OUT TO THE SIDE AT SHOULDER HEIGHT, LOOK OUT OVER FRONT HAND.



TREE POSE

BALANCE ON ONE LEG, PROP OTHER LEG AGAINST ANKLE, CALF, OR THIGH (NOT KNEE). MAINTAIN BALANCE BRING HANDS TO CENTER OR TOWARD THE SKY.