

forehead lowers to floor

hands stretch out in front

child's pose



melt towards the ground

butt drops to heels

straighten arms and legs

peddle heels up and down

downward dog



hands flat on the ground

lift tail up

tighten stomach

waist lifted away from floor

lower push up



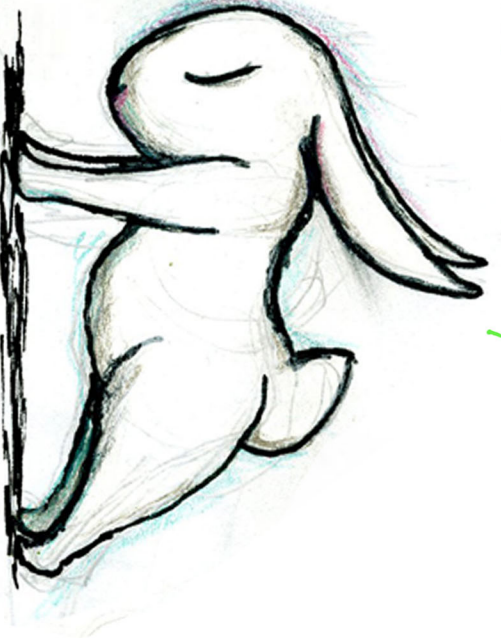
ears stretched away shoulders

elbows in towards ribs

look between hands

straight line from heels to shoulders

upper push up



shoulders directly above wrists

if you want: knees to floor

arms by the ears



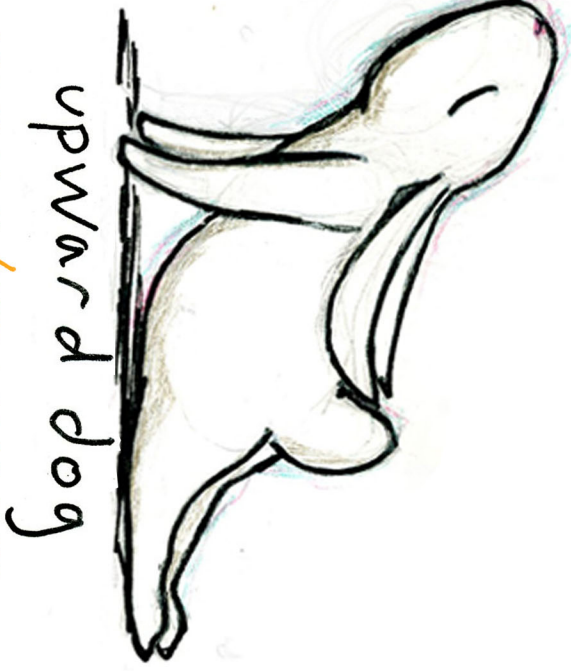
palms facing one another

feet planted down, hands reaching up

Mountain Pose

looking forward or slightly up

weight resting in pelvis



toes pointing backwards

chin lifted away from chest

upward dog

straight arms

straight flat back



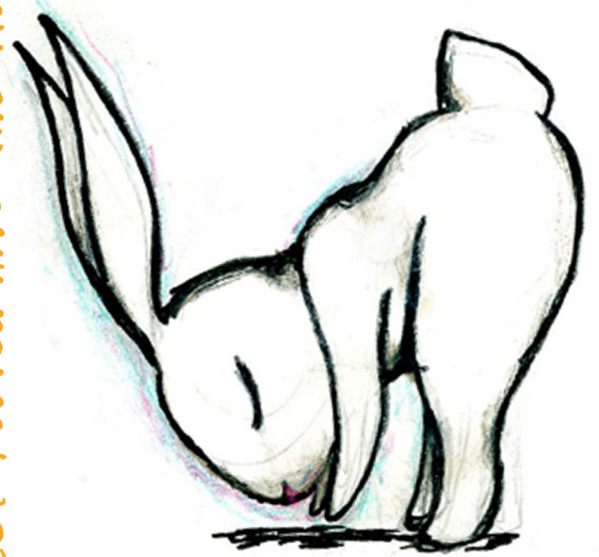
top of the head pointing forward

hands resting just above or below knees

half lift

look towards the floor

bend from the hips



fingers gently reach towards toes

feet rooted into the floor

forward fold

let the head hang heavy

hips and chest face forward

front leg bent, back leg straight



front heel in line with back heel

Warrior 1

back heel stays on floor

hips rotate to face side

chest opens as arms spread apart



front knee stays just above heel

Warrior 2

look out past front fingertips

reach up and forward

pretend you're sitting into a little chair



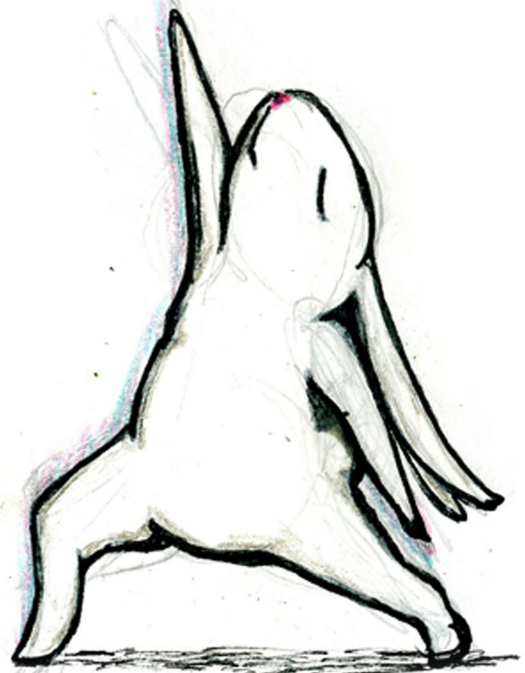
this pose can be tough, so SMILE

Chair pose

spread your fingers

look up at your hand

up yep front palm over and reach up dip



rotate chest so that body is flat

reverse warrior

back arm rests by knee

wiggle wiggle wiggle wiggle



wiggle wiggle wiggle wiggle

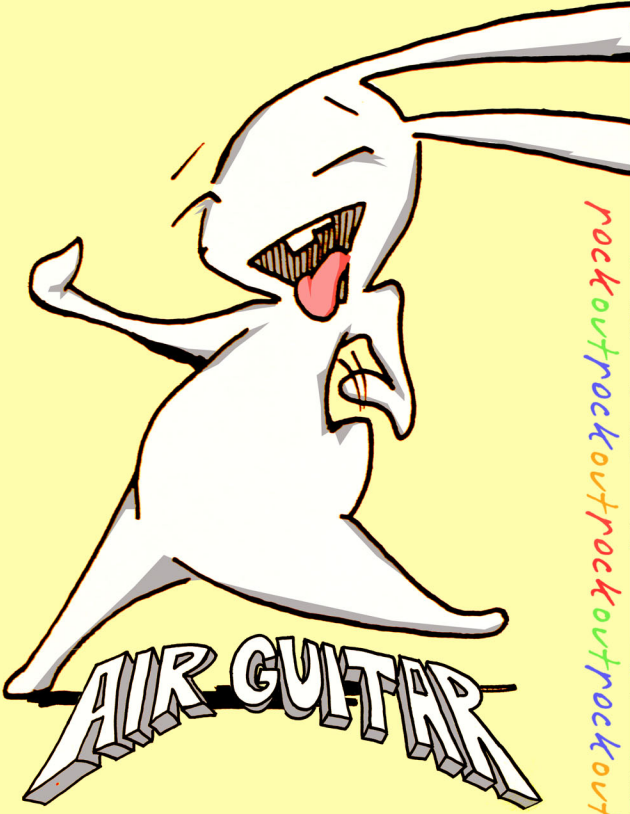
wiggle wiggle wiggle wiggle

wiggle wiggle wiggle wiggle

**WIGGLE**

wiggle wiggle wiggle wiggle

rock out rock out rock out rock out



rock out rock out rock out rock out

rock out rock out rock out rock out

rock out rock out rock out rock out

**AIR GUITAR**

rock out rock out rock out rock out

ARRGGH ARRGGH ARRGGH



ARRGGH ARRGGH ARRGGH

ARRGGH ARRGGH ARRGGH

ARRGGH ARRGGH ARRGGH

**ZOMBIE**

ARRGGH ARRGGH ARRGGH

lie flat on back



feet pointing outward

palms open towards the sky

belly expands as you breath in

oovsavaas