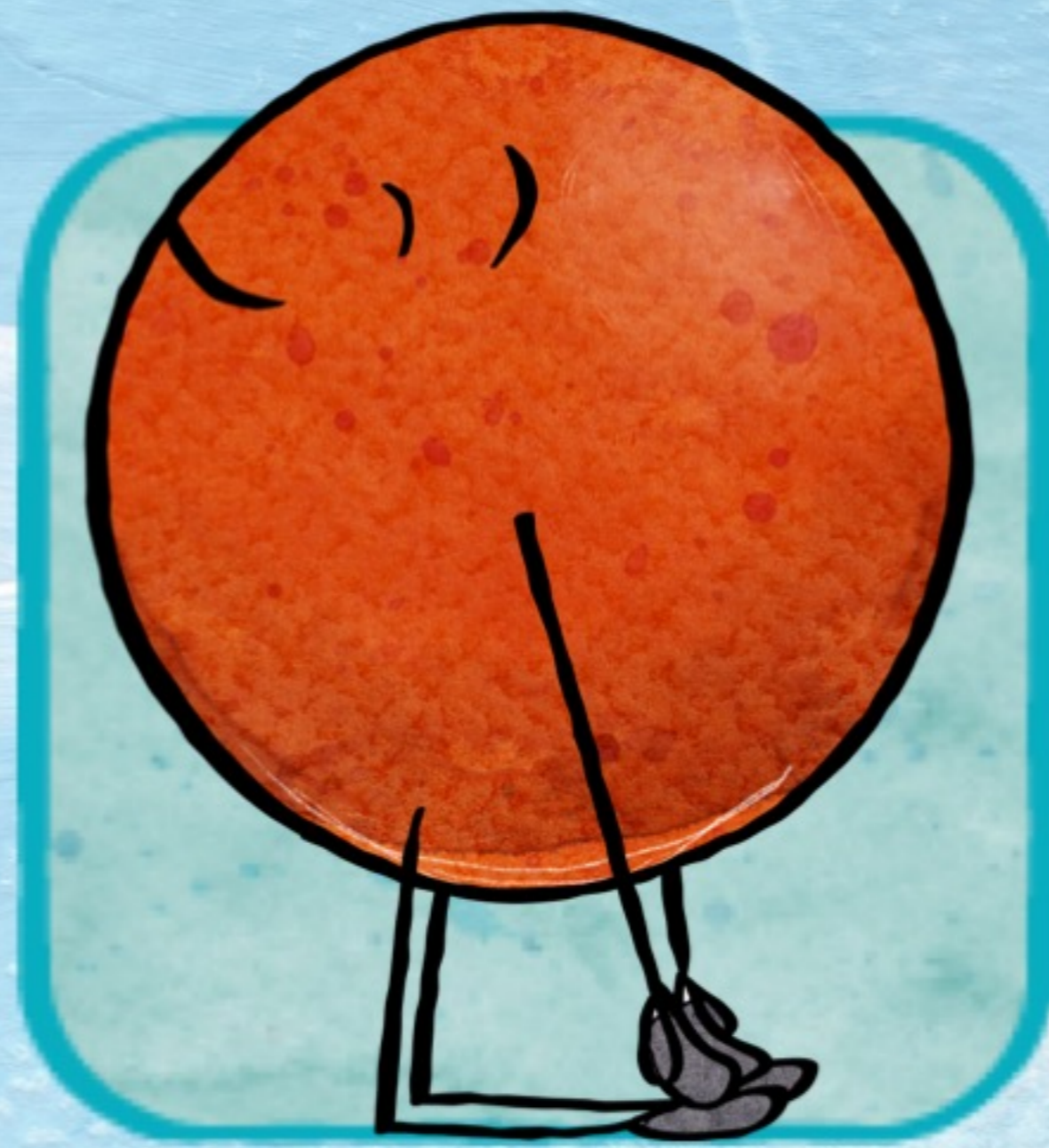
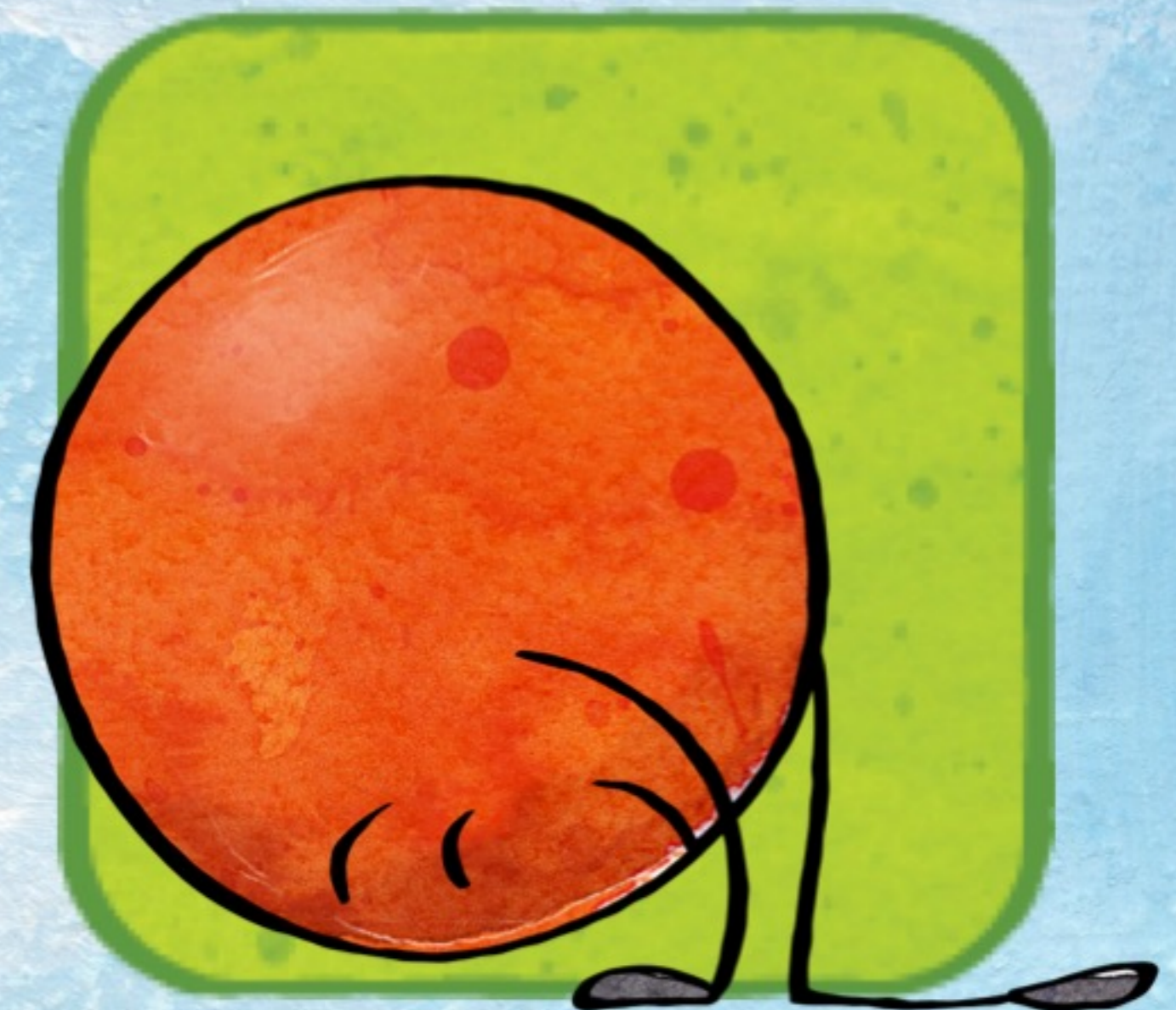




Bridge Pose



Camel Pose



Cat Pose



Chair Pose



Child's Pose



Downward Dog



Flamingo Pose



Forward Fold Pose



Frog Squat

Cat Pose

Get on your hands and knees on the floor with your hands under your shoulders. Take a deep breath in. As you exhale, arch your back toward the sky like a cat.

Camel Pose

Sit up tall on your knees. Bend backwards, reaching your hands back toward your feet. Let your head fall backwards, looking up at the sky.

Bridge Pose

Lie on your back and bend your knees with your feet flat on the floor. Put your arms straight by your hips. Lift your hips off the floor, and press down into the ground with your arms.

Downward Dog

Stand up straight with your feet hip-width apart. Fold down, placing your hands flat on the ground in front of you, making an upside down V with your body. Keep your head in line with your neck.

Child's Pose

Sit on your knees on the floor. Fold your body forward to the floor, reaching your arms out above your head with your hands flat on the floor.

Chair Pose

Stand up tall with your feet flat on the ground hip-width apart. Bend your knees into a squat keeping your knees behind your toes. Press your feet firmly into the ground. When you are steady, lift your arms up straight above your head.

Frog Squat

Stand up straight with your feet hip-width apart. Step your feet out wider. Bend your knees and place your hands on the floor between your feet.

Forward Fold Pose

Stand up straight with your feet hip-width apart. Fold your body forward toward your legs. Keep your head in line with your neck.

Flamingo Pose

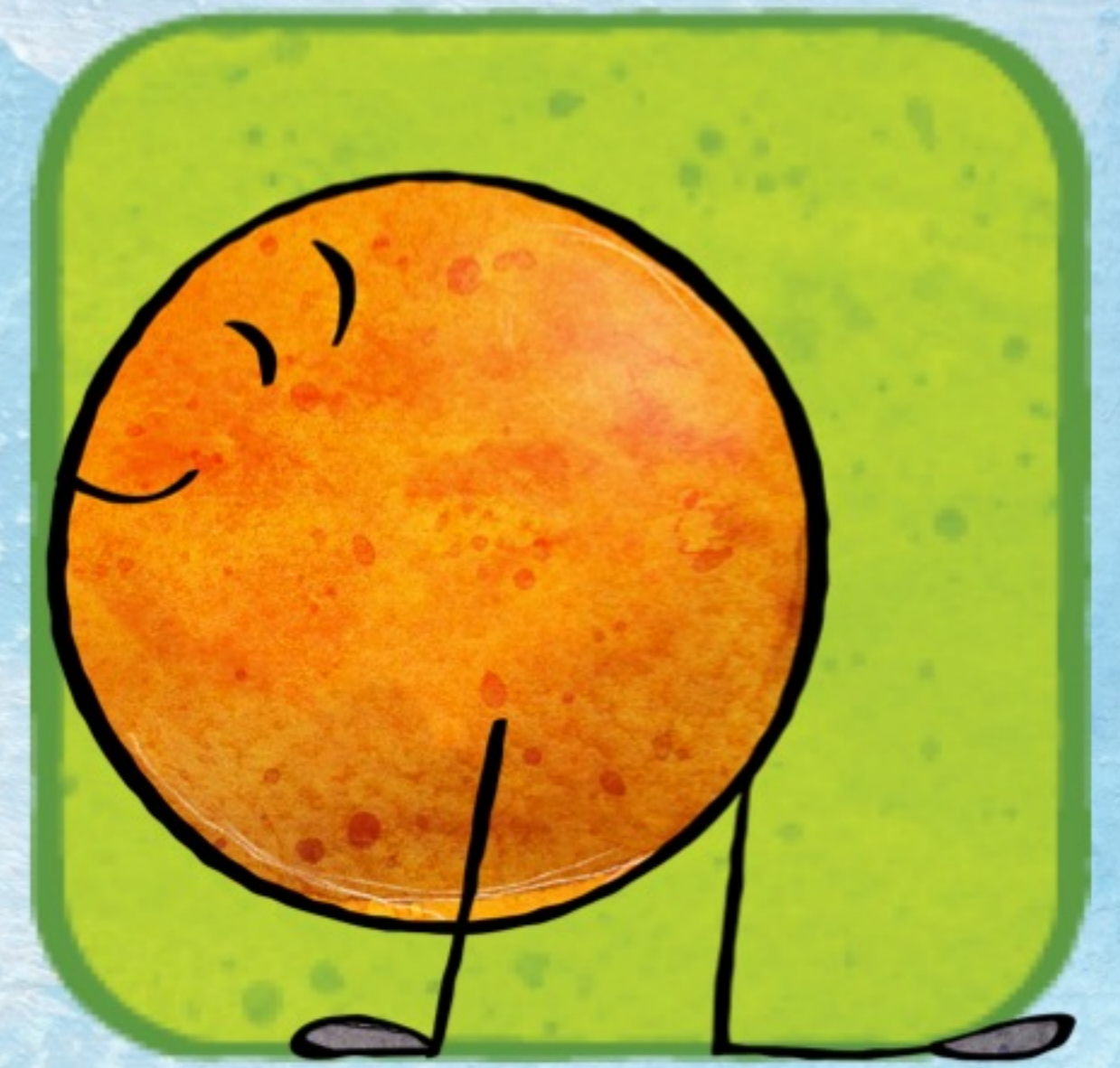
Stand up straight with your feet hip-width apart. Lift one foot off the ground and bend your knee, pointing your foot back. Keep your arms straight and push them backward just a bit.



Mountain Pose



Warrior I Pose



Cow Pose



Tree Pose



Hands to Heart



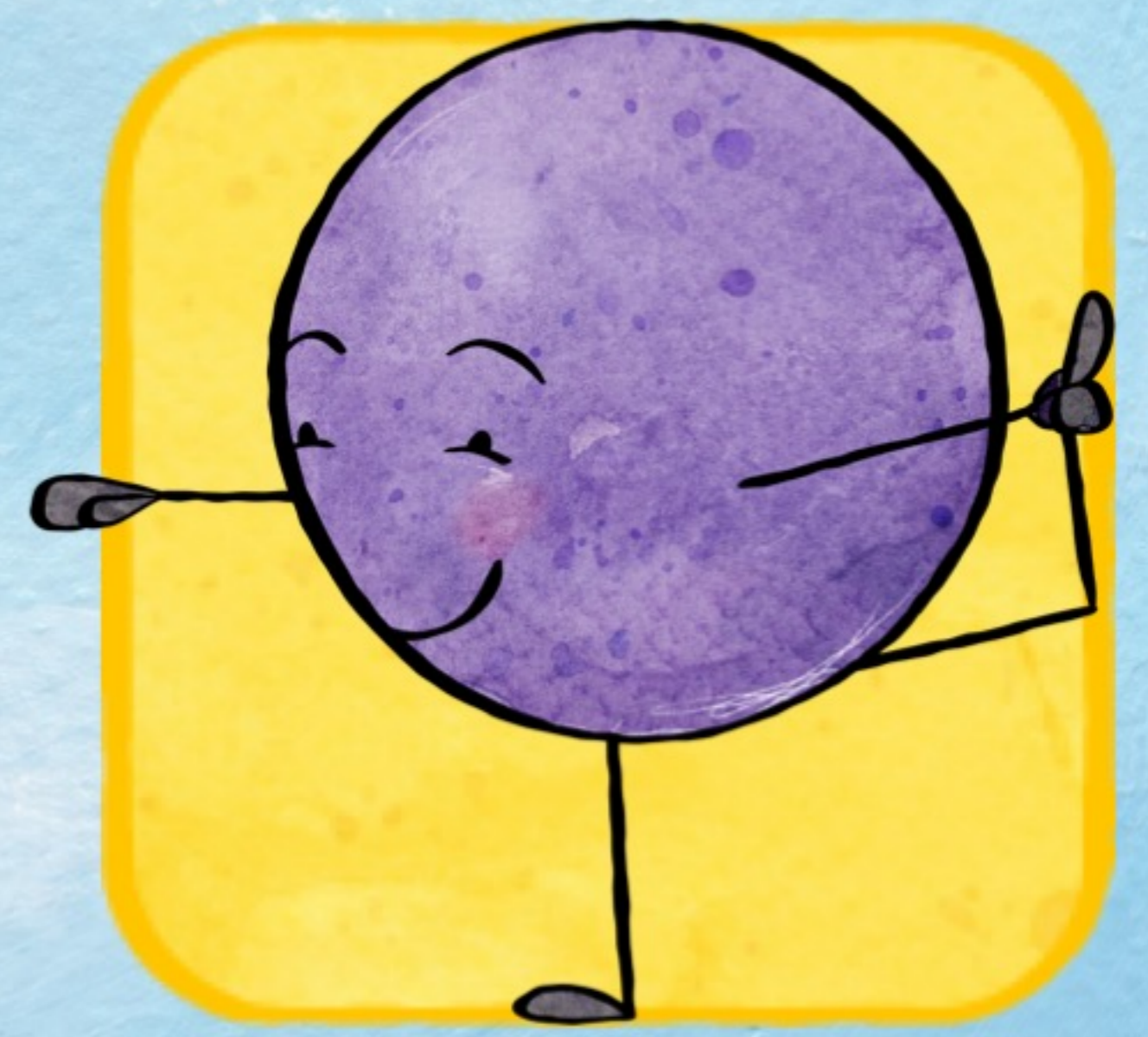
Crescent Lunge



Plank Pose



Side Angle Pose



Dancer's Pose

Cow Pose

Get on your hands and knees on the floor with your hands under your shoulders. As you inhale, lower your belly toward the floor, keeping your head high, looking up at the sky.

Warrior I Pose

Stand up straight with your feet hip-width apart. Step your right foot back. Turn it out so that it is perpendicular to your left foot. Align your right heel with your left heel. Bend your left knee, keeping it behind your left toes. Reach your arms straight up above your head. Look up at the sky, keeping your head in line with your neck.

Mountain Pose

Stand up straight with your feet hip-width apart. Keep your arms straight by your sides with your palms forward. Push your feet firmly into the ground.

Crescent Lunge

Begin in downward dog pose. Step your left foot up between your hands. Shift your weight into your back leg in a lunge. Lift your arms above your head and lift your face gently up toward the sky.

Hands to Heart

Stand up straight with your feet hip-width apart. Bring your hands together in front of your heart. Focus on your breathing and why you are grateful for this moment.

Tree Pose

Stand up straight with your feet hip-width apart. Lift your right foot up and place it on the inside of your left ankle or knee. If you are comfortable, lift your arms up straight above your head.

Dancer's Pose

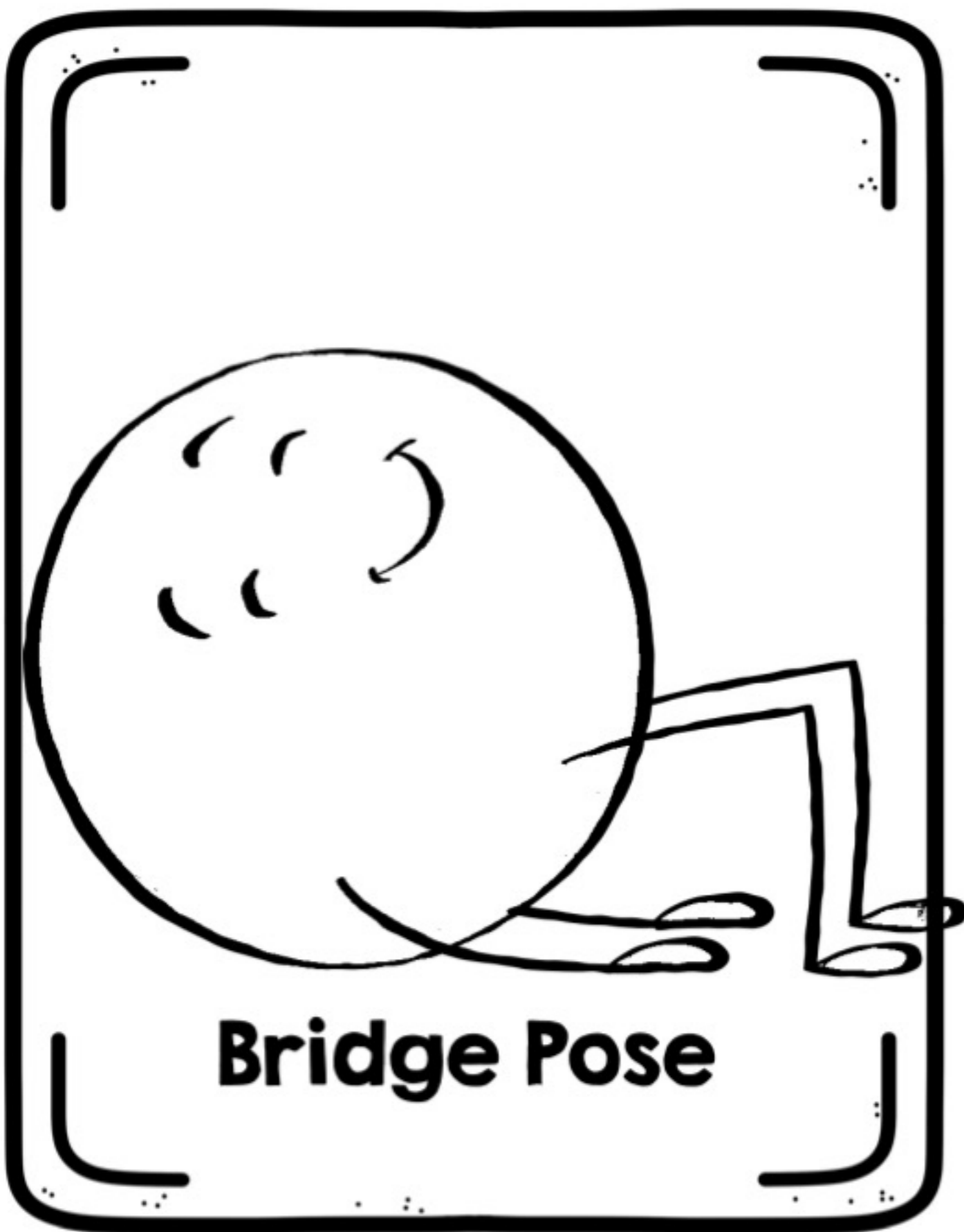
Stand up straight with your feet hip-width apart. Lift your left leg and bend it behind you, gently leaning forward. Reach your left arm behind, grasping your left foot if you can. Reach your right arm out in front of you for balance.

Side Angle Pose

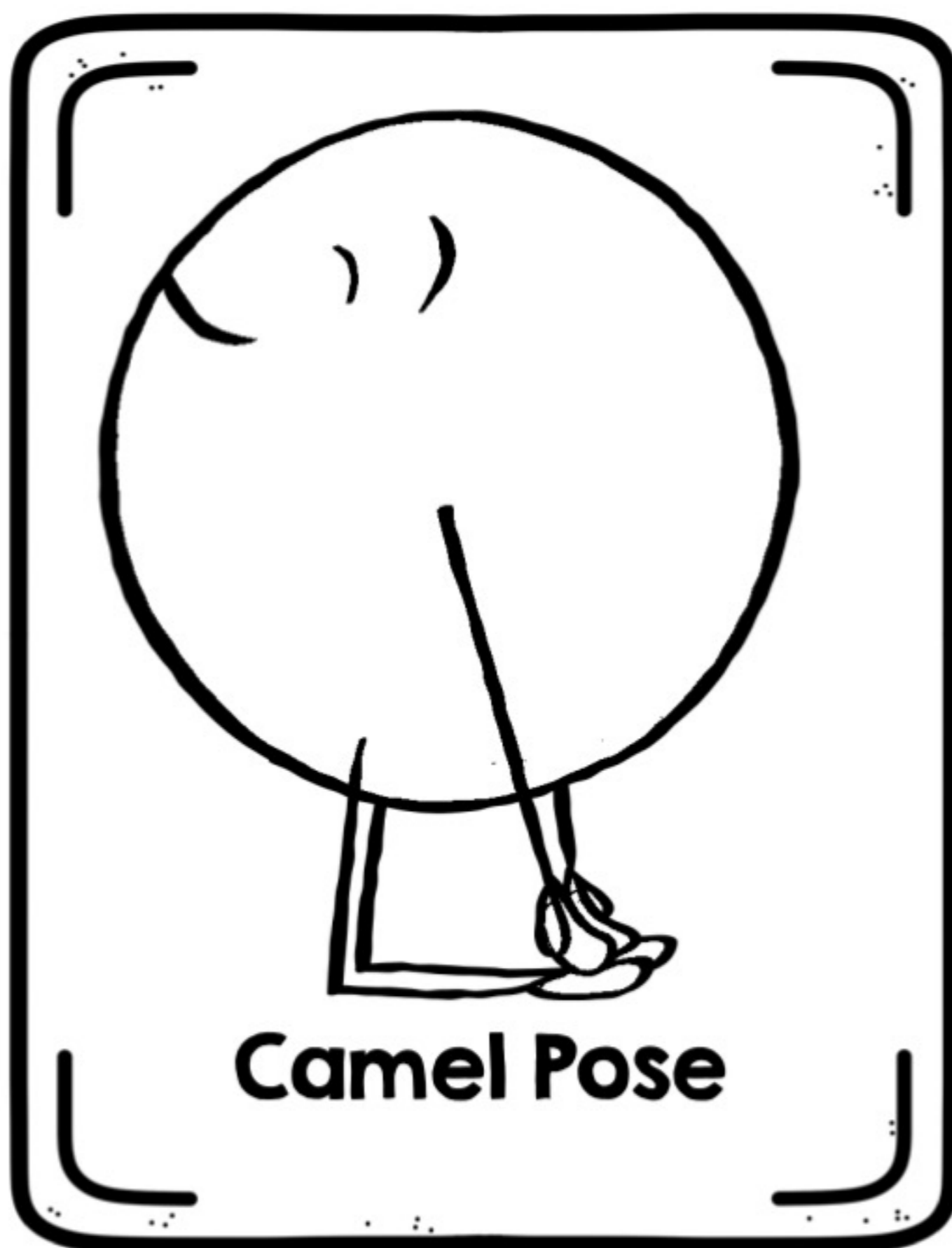
Stand up straight with your feet hip-width apart. Step your left leg out to the side, bending your knee. Keep your knee above your ankle. Place your left elbow on your left knee. Reach your right arm up over your head in your side angle.

Plank Pose

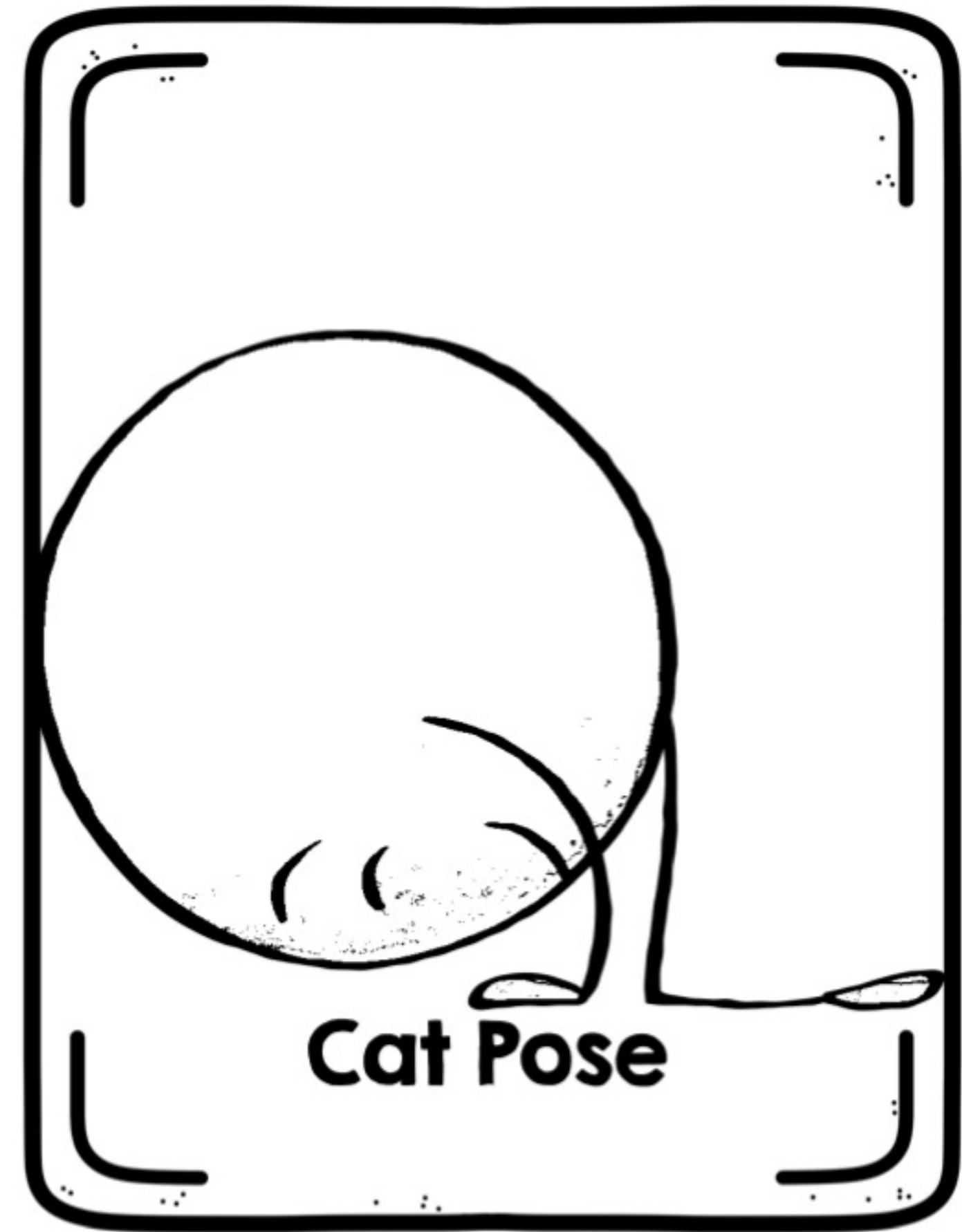
From downward dog, lower your hips and step your feet backward, keeping both hands on the floor. Push up with straight arms, keeping your back flat. Keep your head in line with your spine.



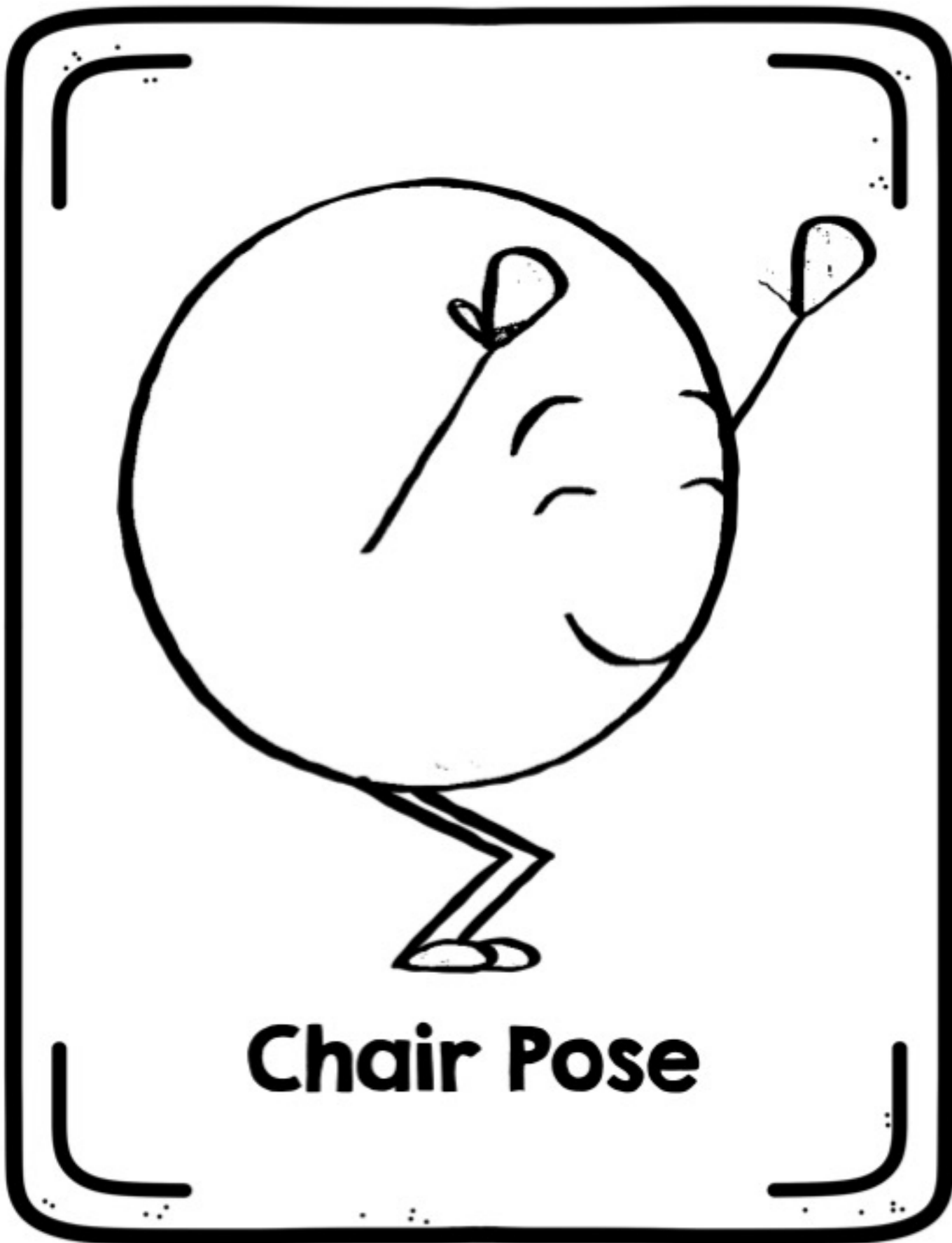
Bridge Pose



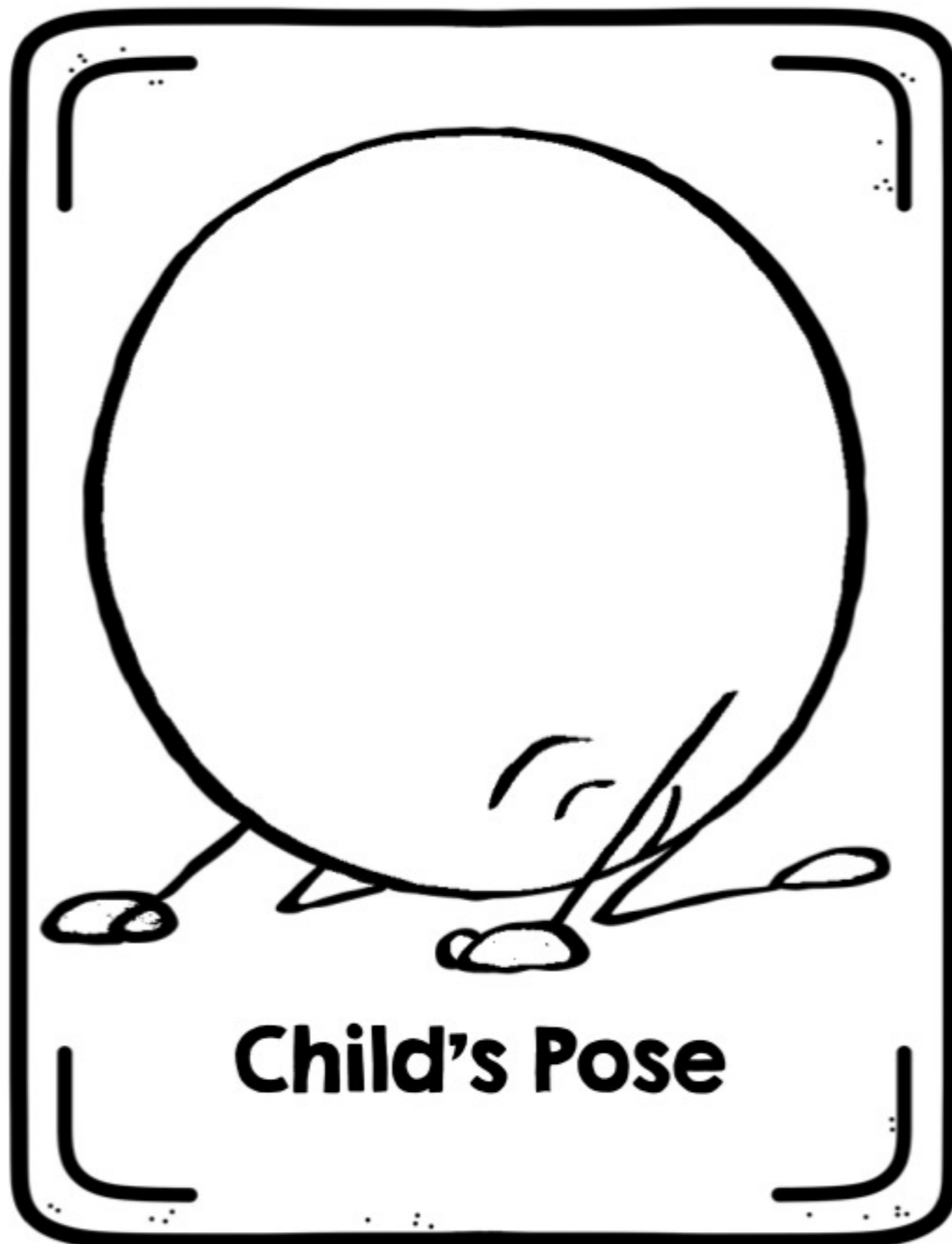
Camel Pose



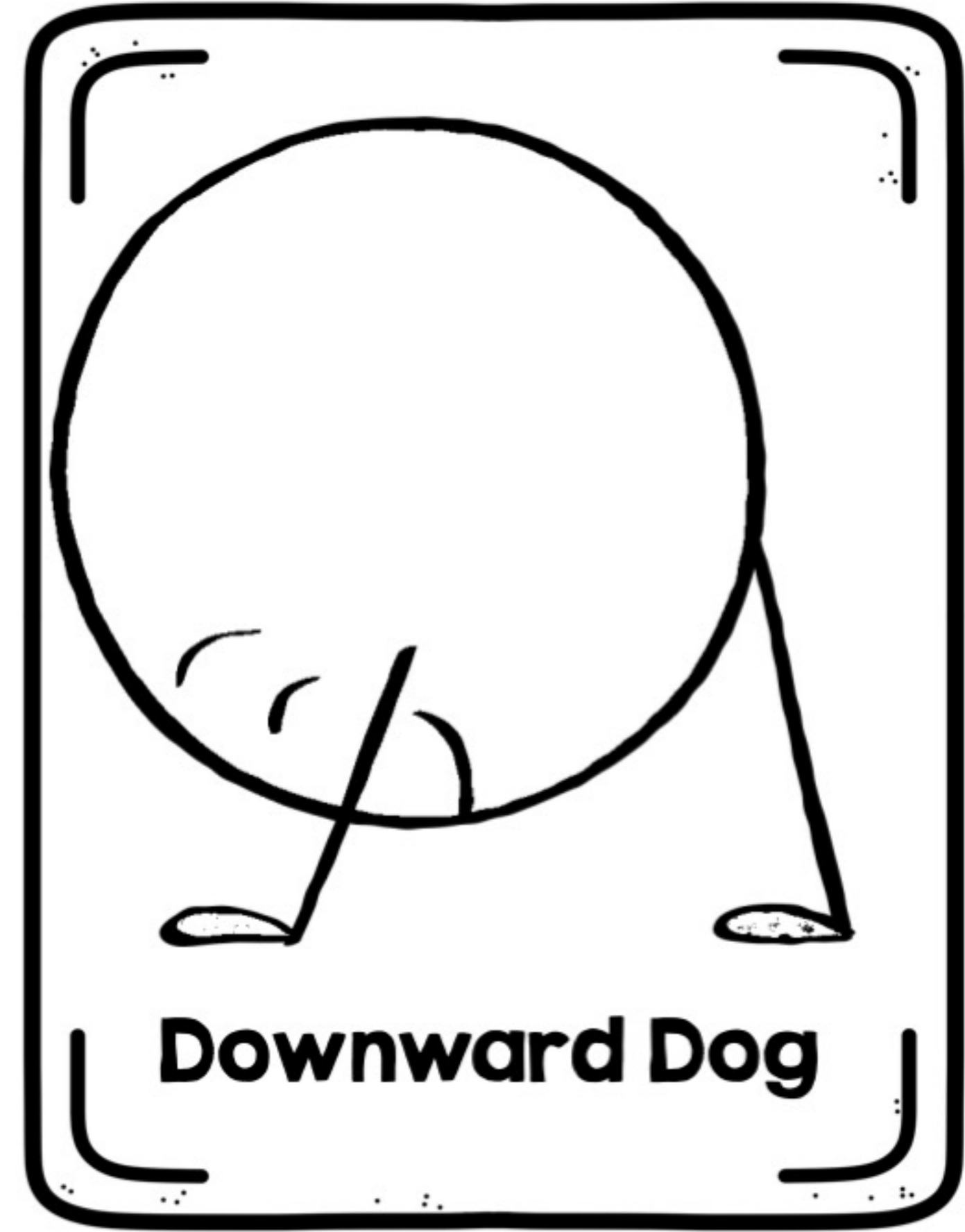
Cat Pose



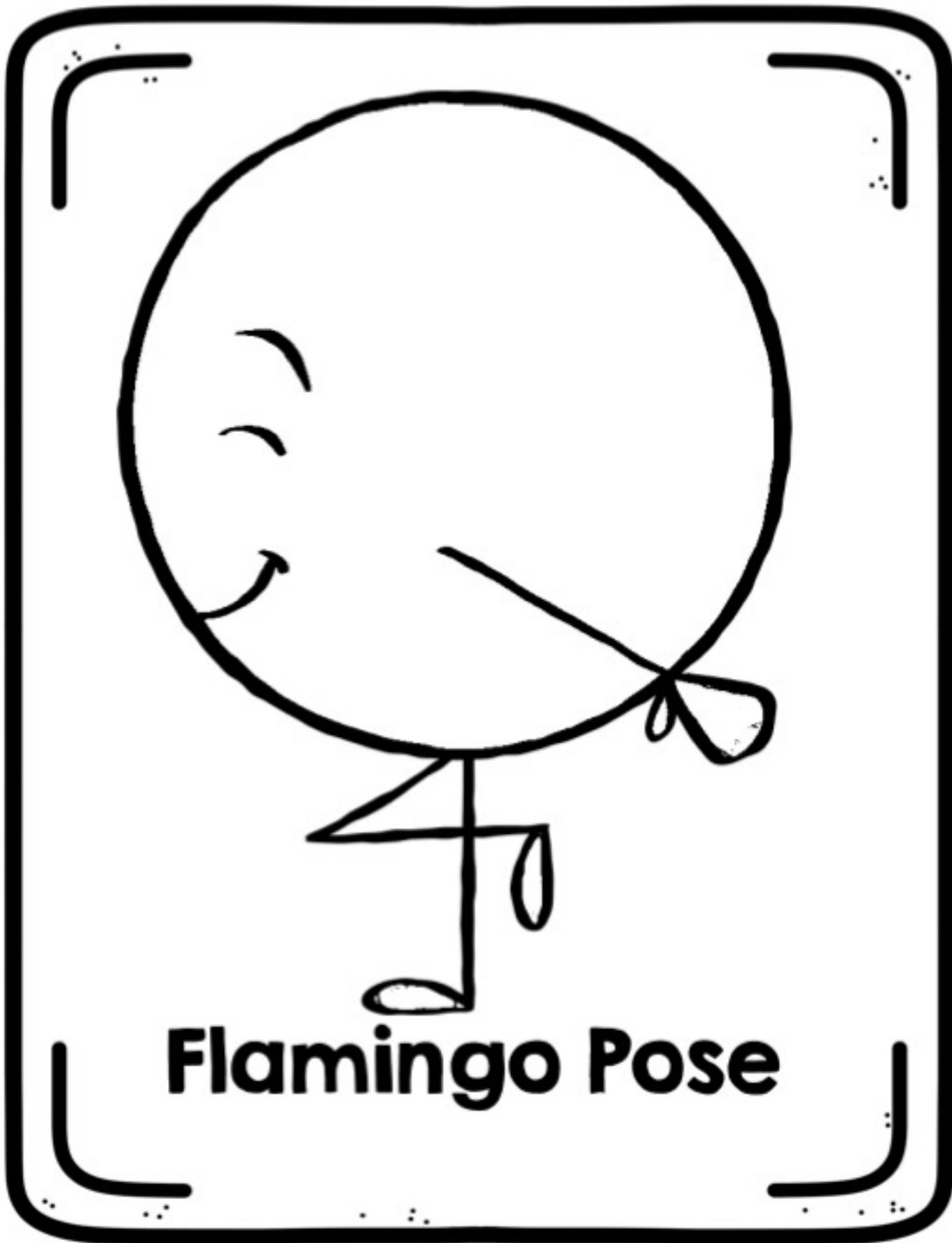
Chair Pose



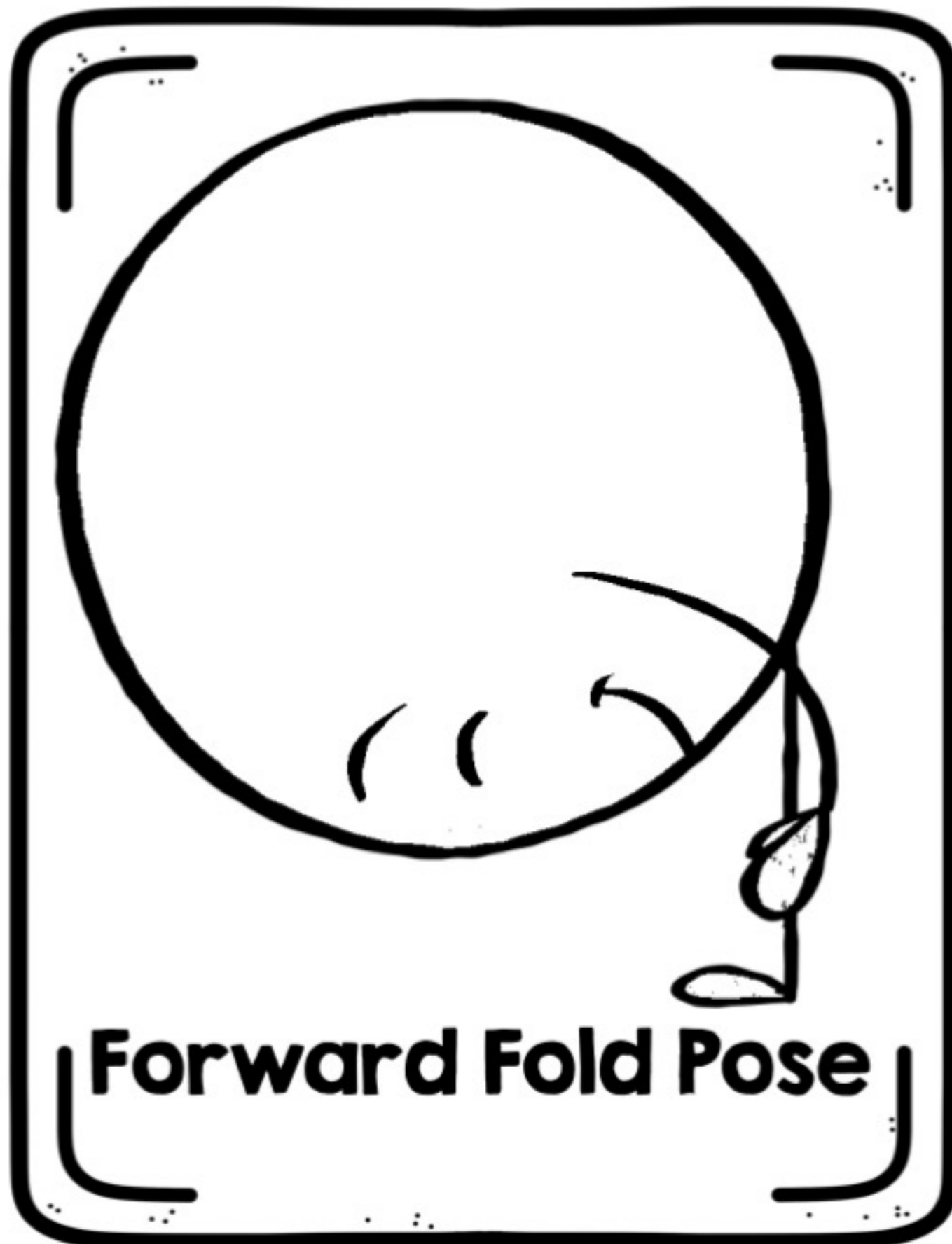
Child's Pose



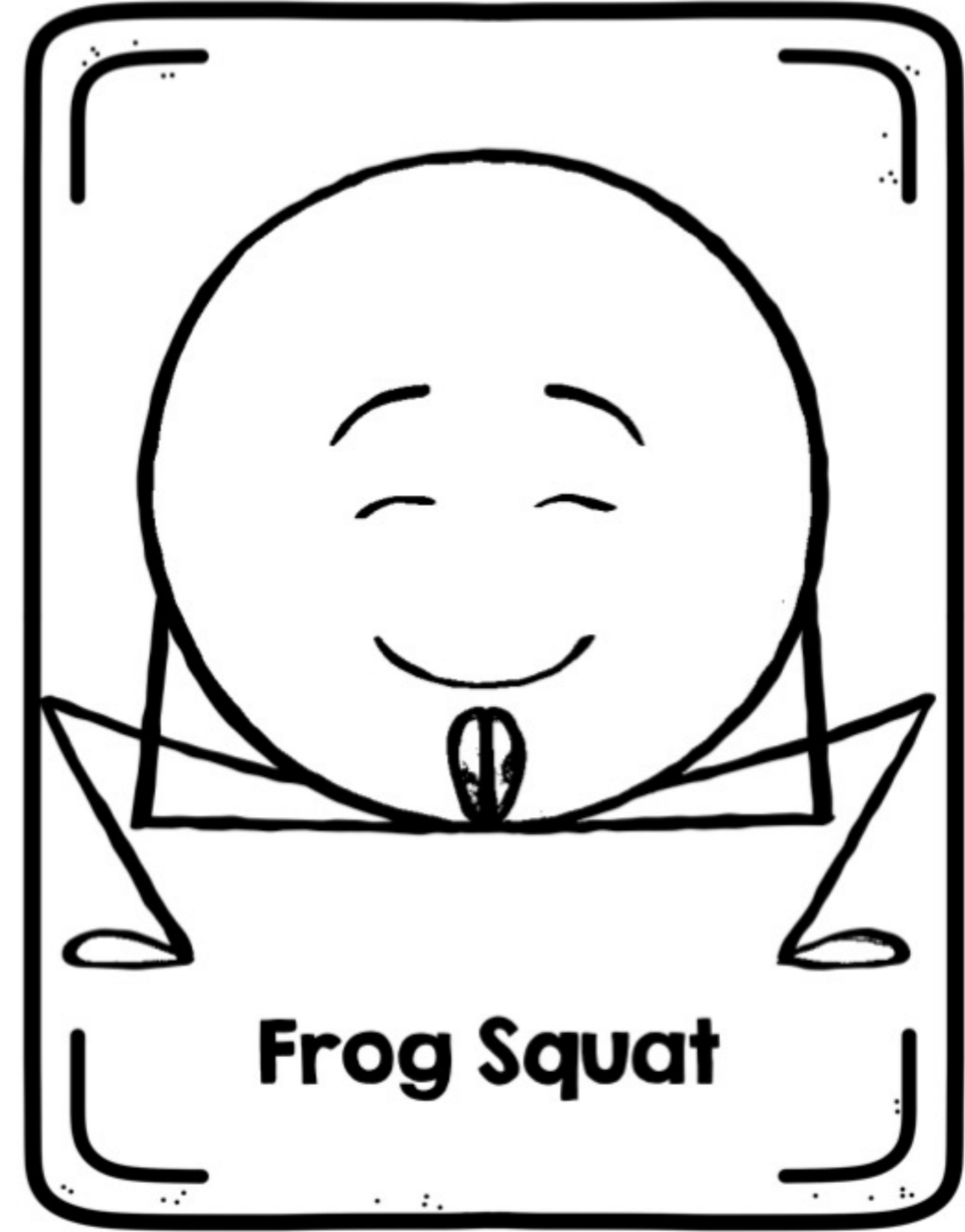
Downward Dog



Flamingo Pose



Forward Fold Pose



Frog Squat

Cat Pose

Get on your hands and knees on the floor with your hands under your shoulders. Take a deep breath in. As you exhale, arch your back toward the sky like a cat.

Camel Pose

Sit up tall on your knees. Bend backwards, reaching your hands back toward your feet. Let your head fall backwards, looking up at the sky.

Bridge Pose

Lie on your back and bend your knees with your feet flat on the floor. Put your arms straight by your hips. Lift your hips off the floor, and press down into the ground with your arms.

Downward Dog

Stand up straight with your feet hip-width apart. Fold down, placing your hands flat on the ground in front of you, making an upside down V with your body. Keep your head in line with your neck.

Child's Pose

Sit on your knees on the floor. Fold your body forward to the floor, reaching your arms out above your head with your hands flat on the floor.

Chair Pose

Stand up tall with your feet flat on the ground hip-width apart. Bend your knees into a squat keeping your knees behind your toes. Press your feet firmly into the ground. When you are steady, lift your arms up straight above your head.

Frog Squat

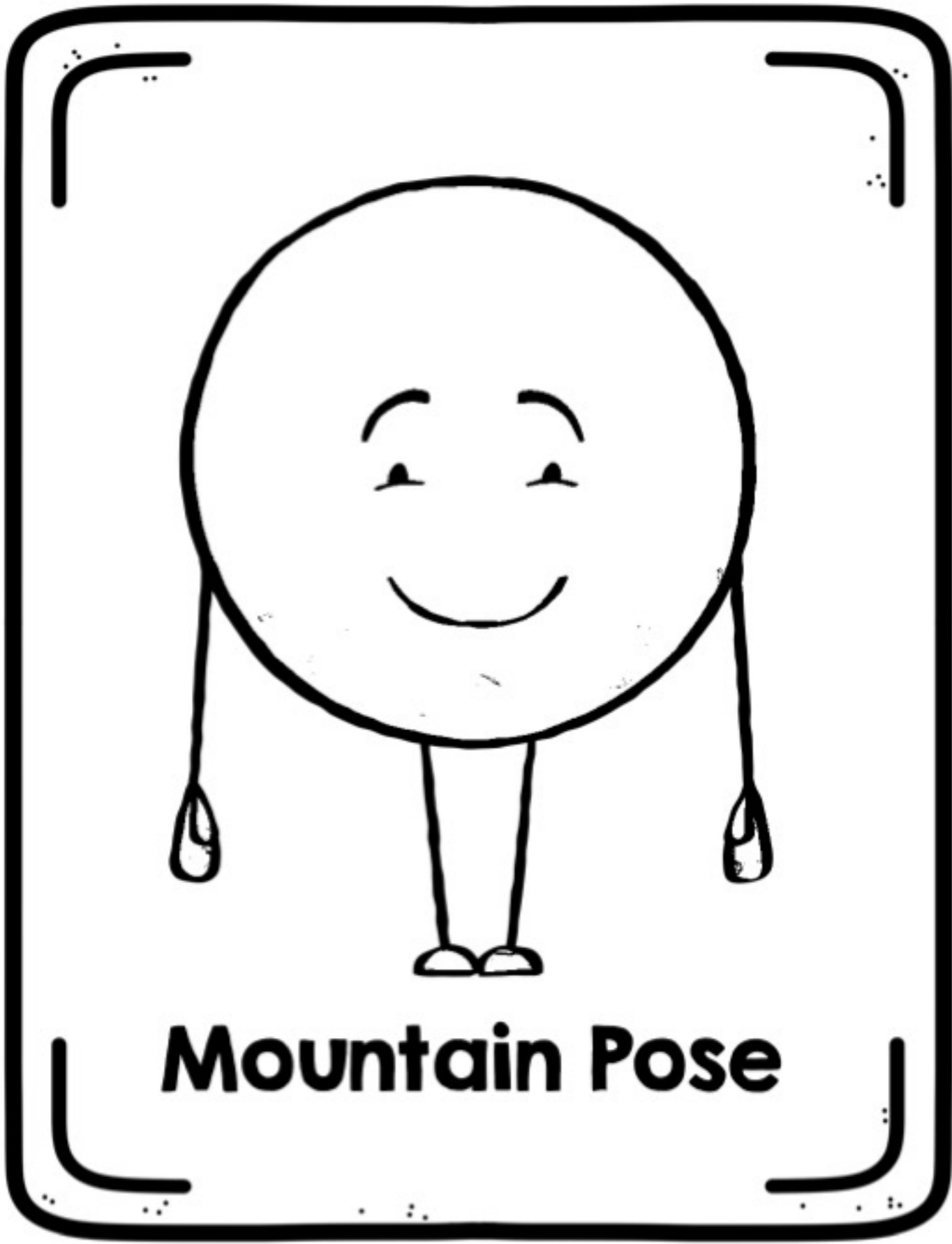
Stand up straight with your feet hip-width apart. Step your feet out wider. Bend your knees and place your hands on the floor between your feet.

Forward Fold Pose

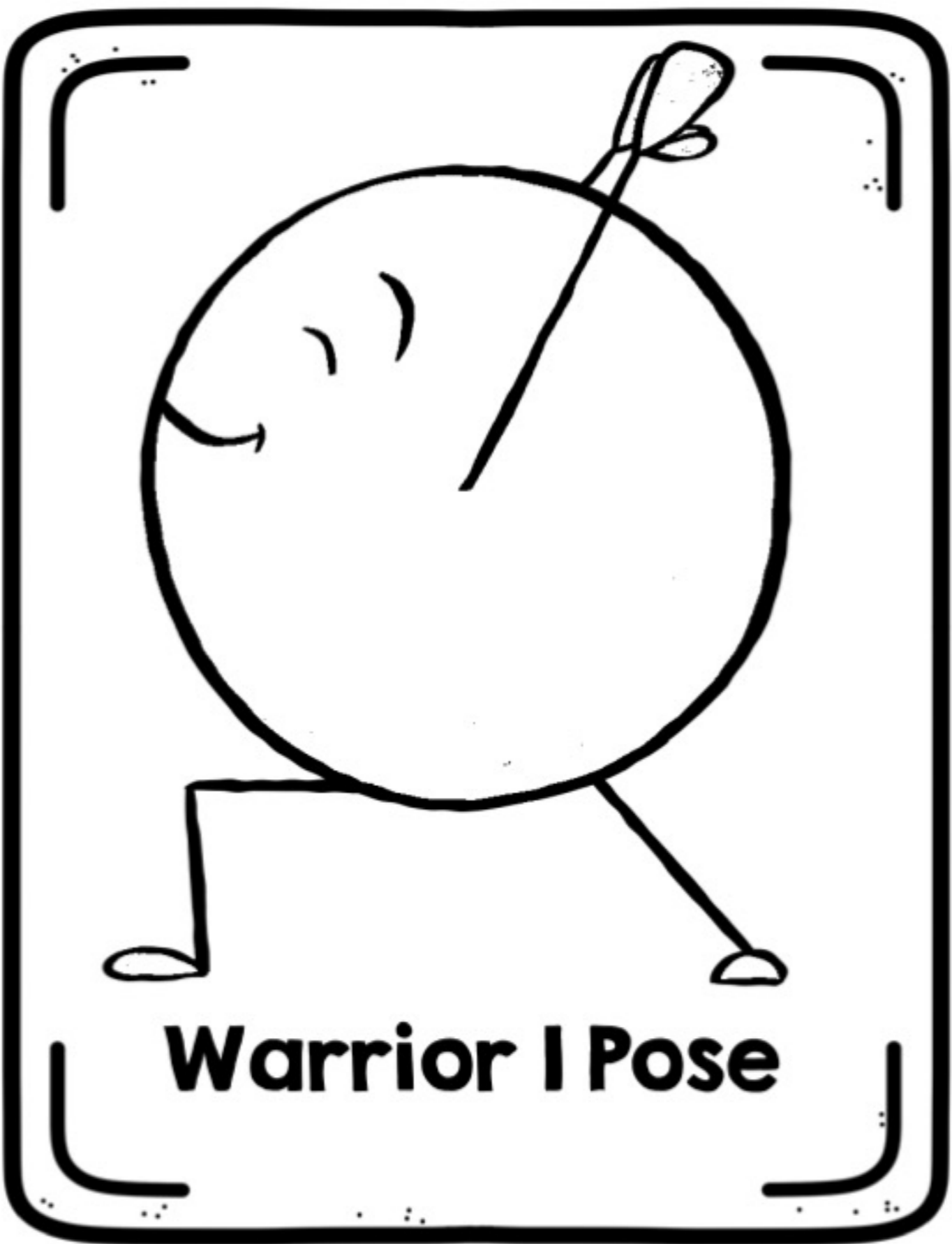
Stand up straight with your feet hip-width apart. Fold your body forward toward your legs. Keep your head in line with your neck.

Flamingo Pose

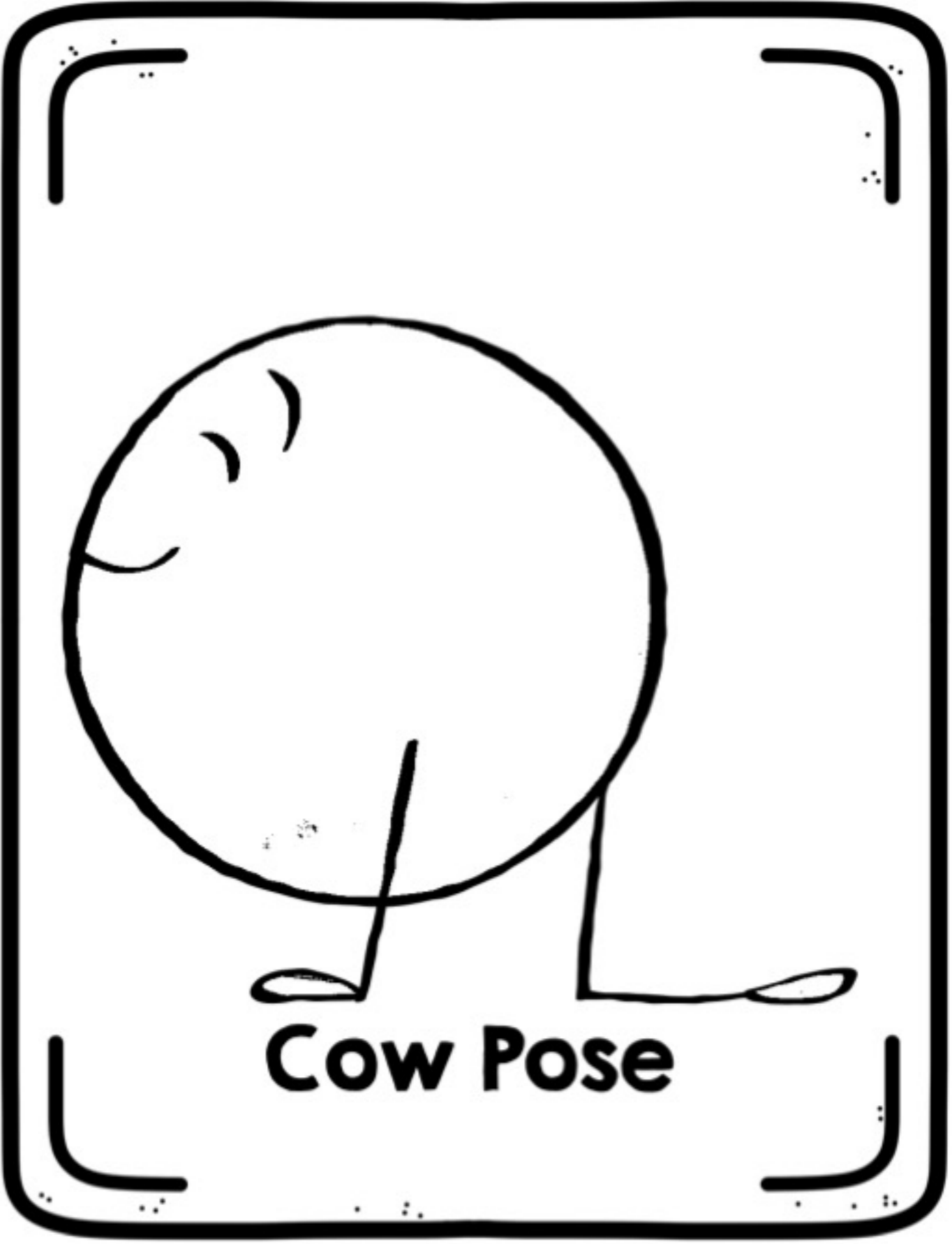
Stand up straight with your feet hip-width apart. Lift one foot off the ground and bend your knee, pointing your foot back. Keep your arms straight and push them backward just a bit.



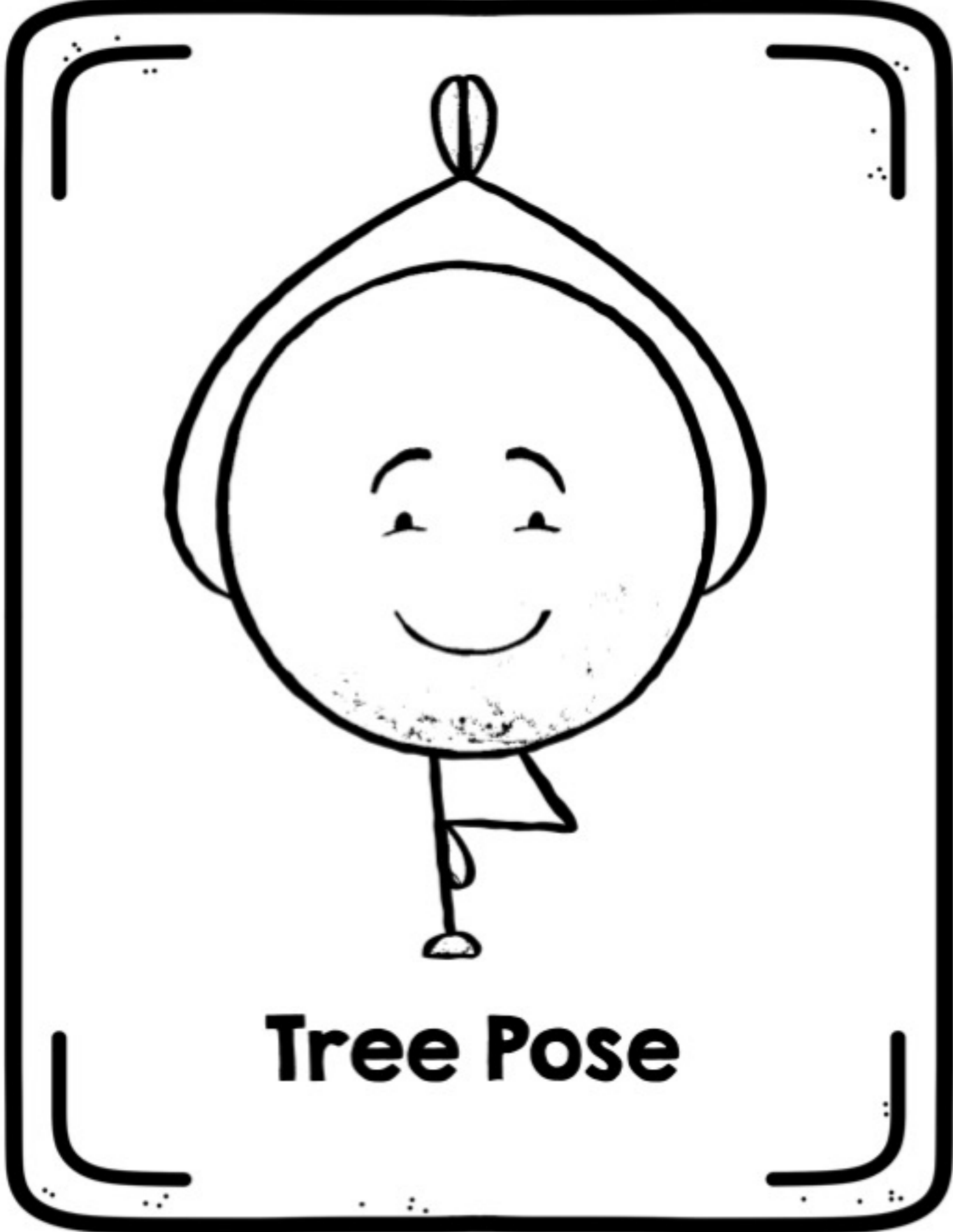
Mountain Pose



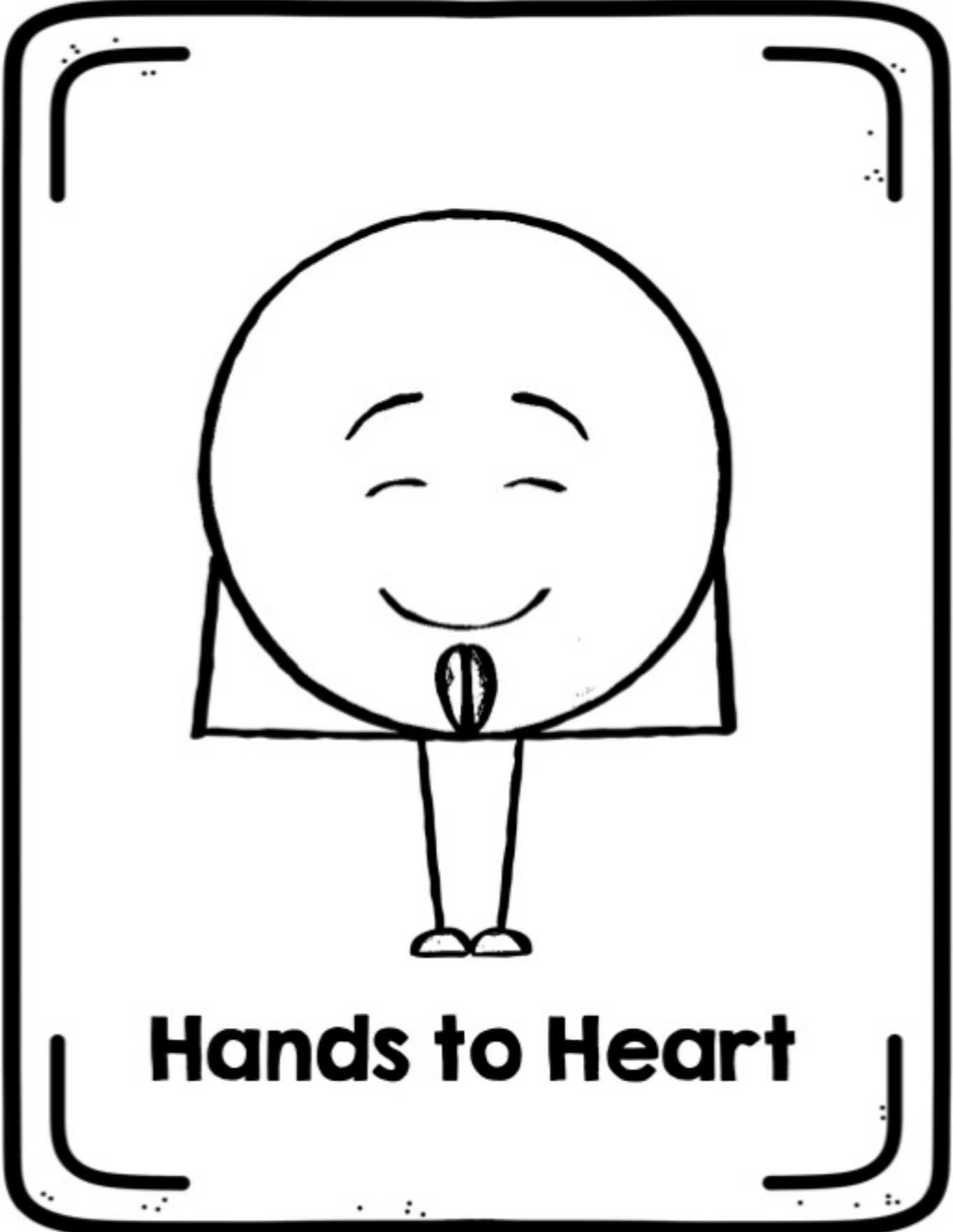
Warrior I Pose



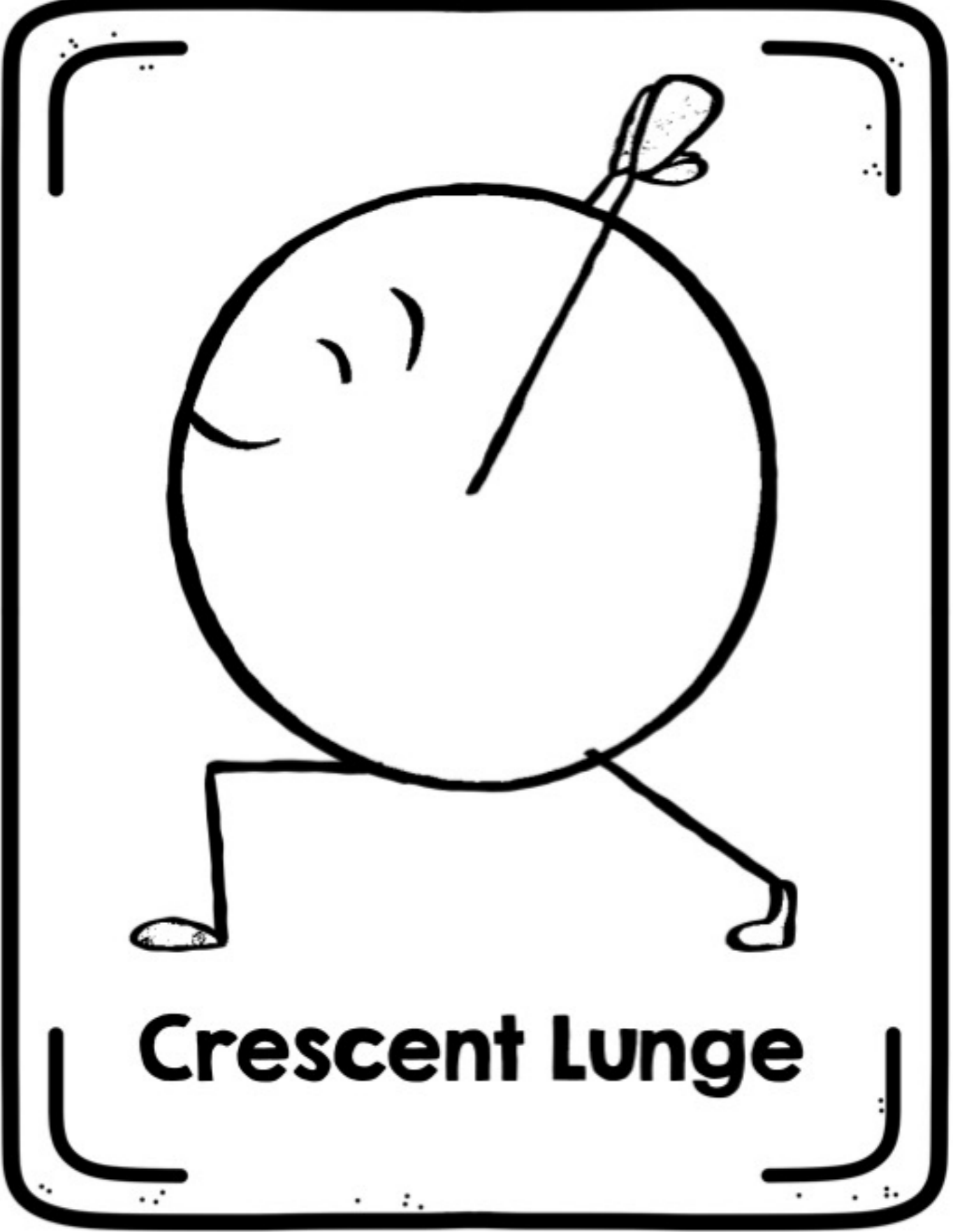
Cow Pose



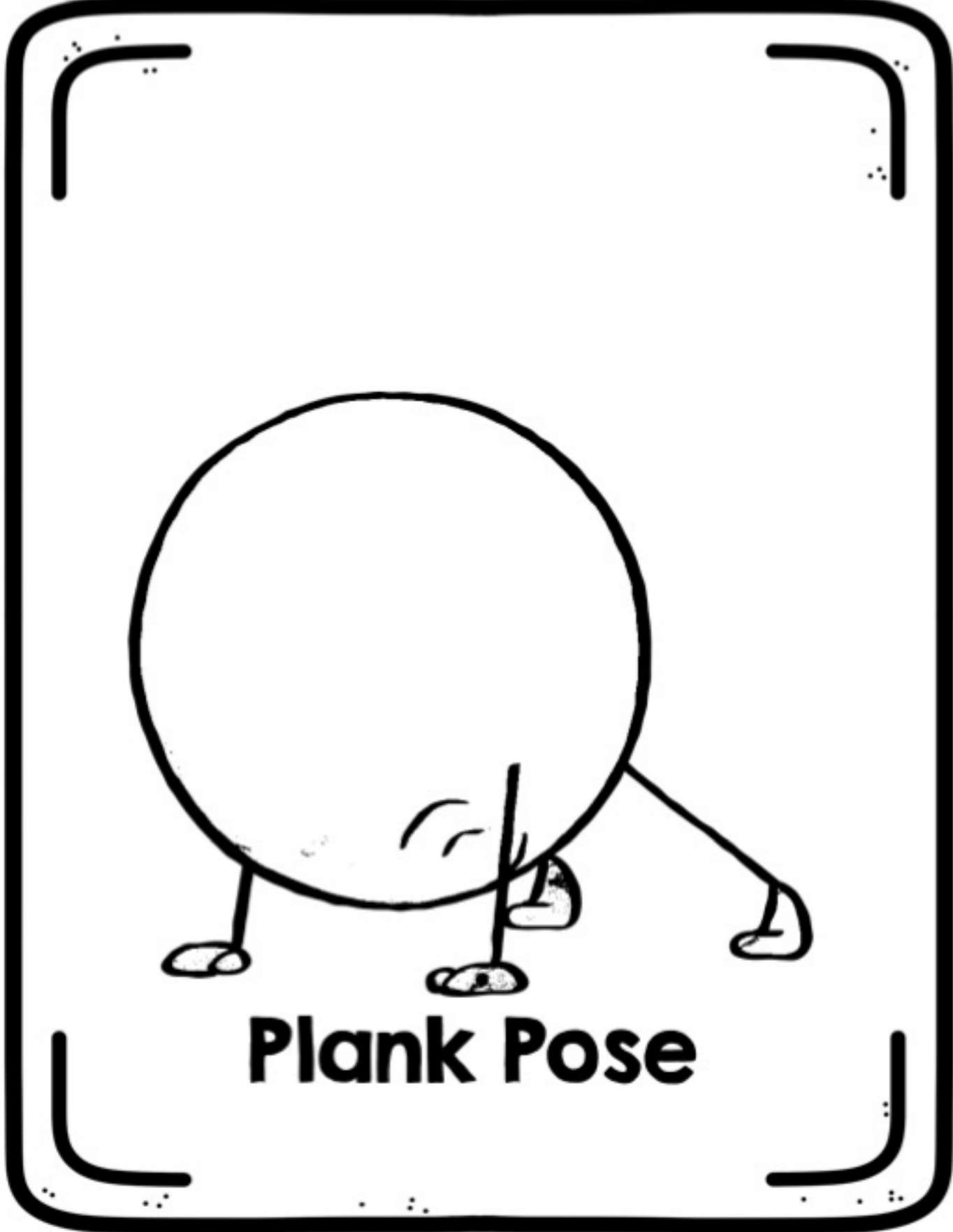
Tree Pose



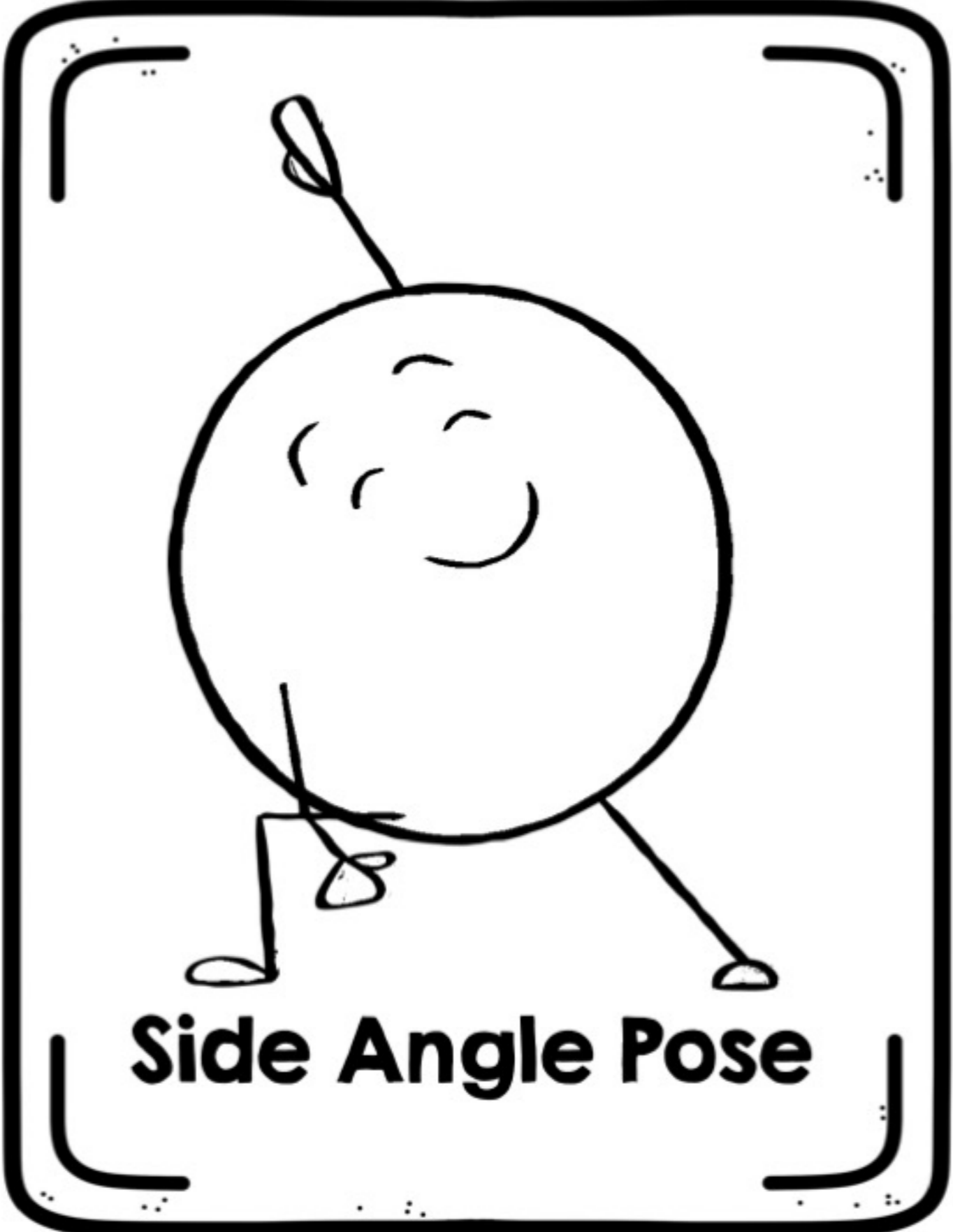
Hands to Heart



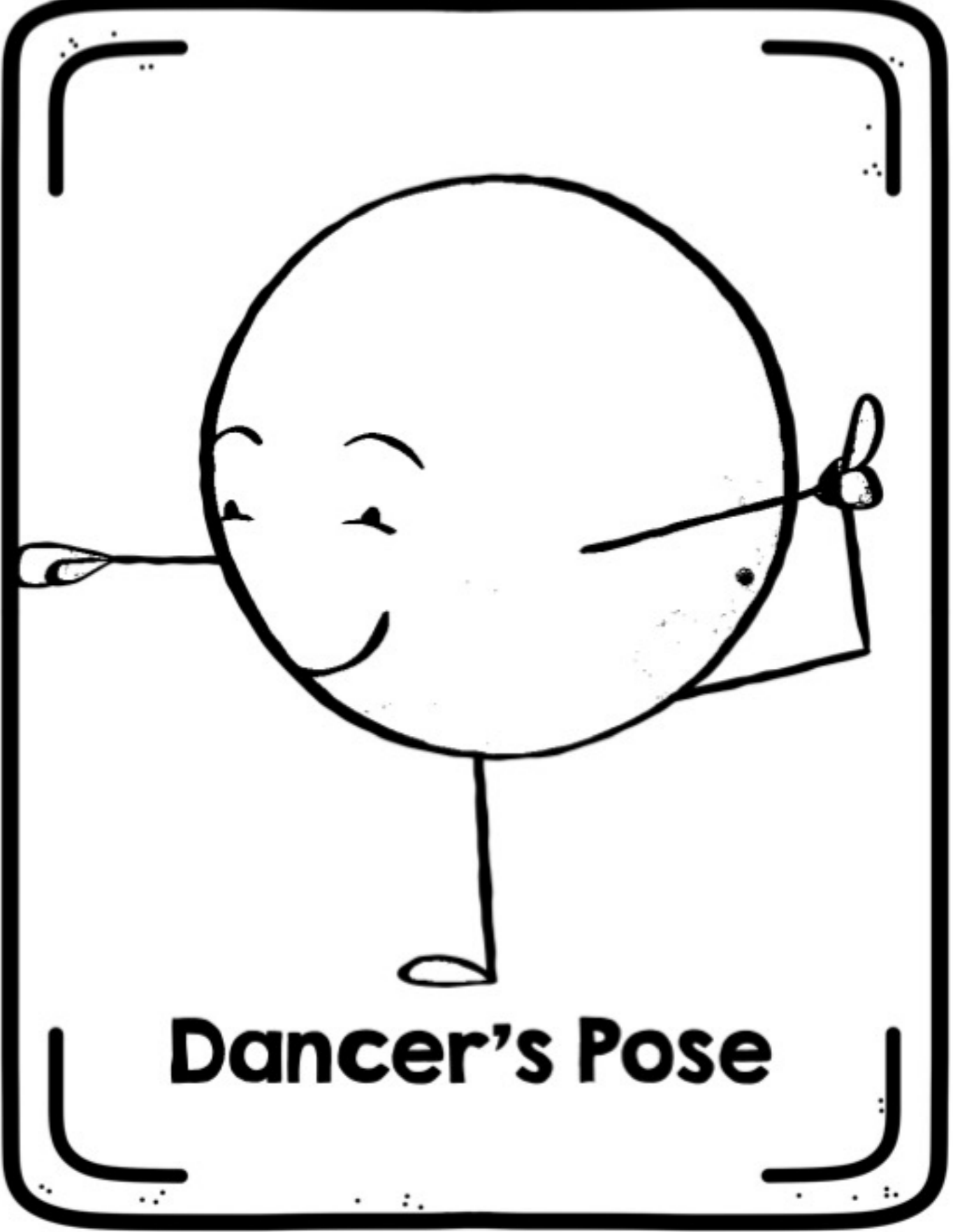
Crescent Lunge



Plank Pose



Side Angle Pose



Dancer's Pose

Cow Pose

Get on your hands and knees on the floor with your hands under your shoulders. As you inhale, lower your belly toward the floor, keeping your head high, looking up at the sky.

Warrior I Pose

Stand up straight with your feet hip-width apart. Step your right foot back. Turn it out so that it is perpendicular to your left foot. Align your right heel with your left heel. Bend your left knee, keeping it behind your left toes. Reach your arms straight up above your head. Look up at the sky, keeping your head in line with your neck.

Mountain Pose

Stand up straight with your feet hip-width apart. Keep your arms straight by your sides with your palms forward. Push your feet firmly into the ground.

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Begin in downward dog pose. Step your left foot up between your hands. Shift your weight into your back leg in a lunge. Lift your arms above your head and lift your face gently up toward the sky.

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Dancer's Pose

Stand up straight with your feet hip-width apart. Lift your left leg and bend it behind you, gently leaning forward. Reach your left arm behind, grasping your left foot if you can. Reach your right arm out in front of you for balance.

Side Angle Pose

Stand up straight with your feet hip-width apart. Step your left leg out to the side, bending your knee. Keep your knee above your ankle. Place your left elbow on your left knee. Reach your right arm up over your head in your side angle.

Plank Pose

From downward dog, lower your hips and step your feet backward, keeping both hands on the floor. Push up with straight arms, keeping your back flat. Keep your head in line with your spine.

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COUNSELOR *Keri*

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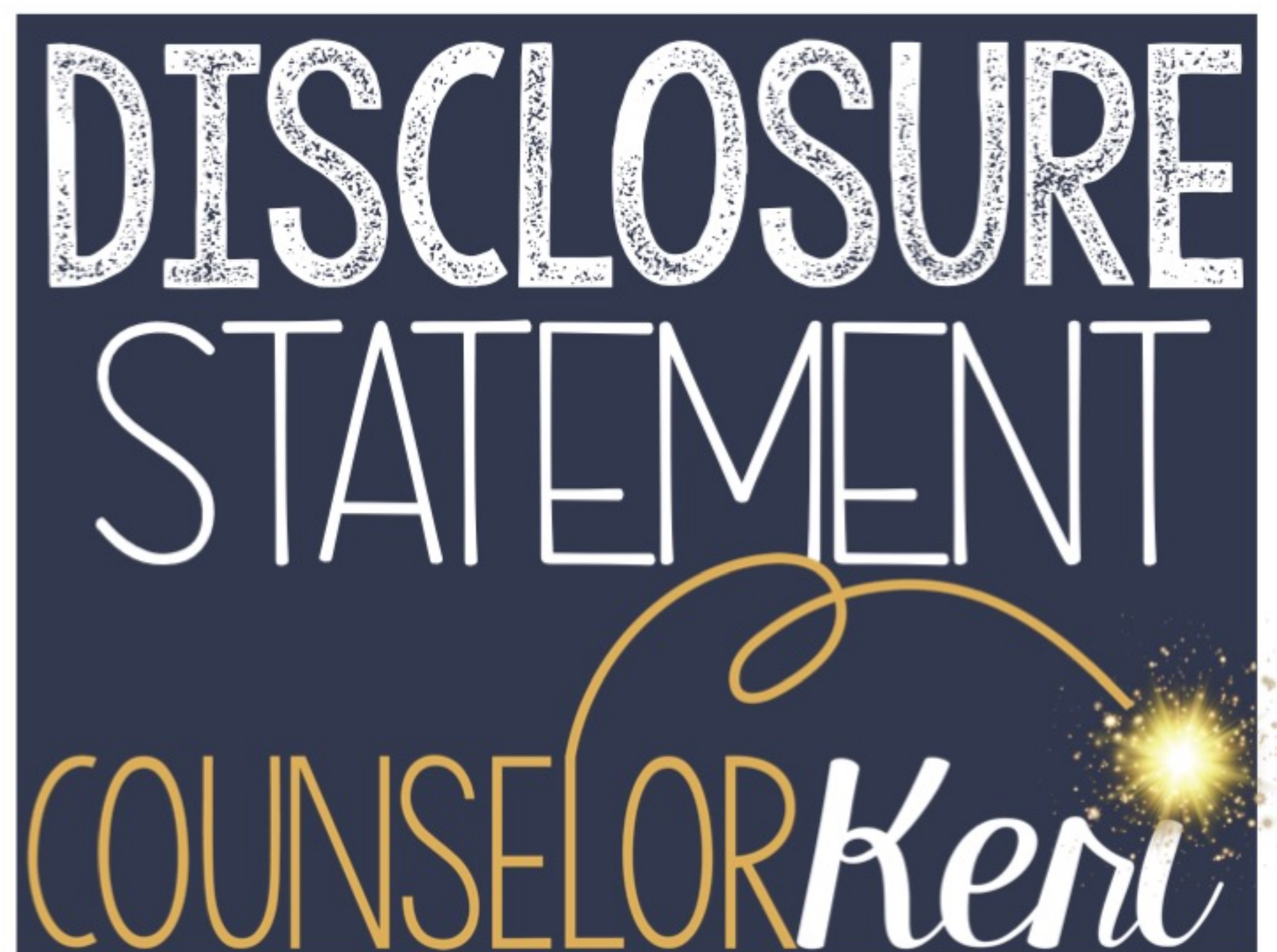
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