



## CHAIR POSE

Stand up tall. Sit your hips back until it seems like you are sitting in an invisible chair.



## TREE POSE

Stand up tall. Put one of your feet on the inside of your thigh or calf on the other leg. Balance with your hands in front of you.



## TRIANGLE POSE

With legs wide, reach one arm up to the sky, touch your toes with the other hand, making a big triangle shape with your body!



## BOW POSE

Lie on your belly. Bend your knees and put your ankles into the air. Push your hands on the floor to curve your back in a bow shape.



## COW POSE

Start on your hands and knees. Tip your head back, arching your back and feeling the stretch.



## HAND TO TOE POSE

Stand up tall. Put your arms out to the side. Lift one of your legs to the side and find your balance.



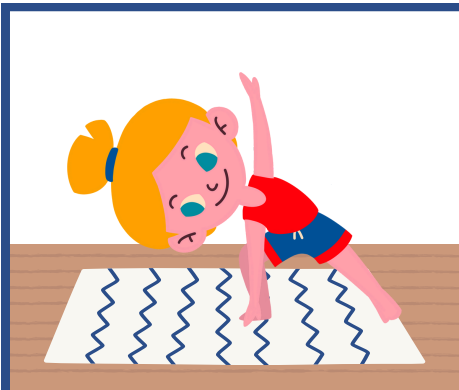
## STANDING BOW POSE

Stand up tall. Put your left hand and your right foot on the floor. Put your right hand and your left foot into the air. Then switch.



## PIGEON POSE

Start in a cross leg position. Move one leg to the side behind you in the same direction as your other leg. Lift it up and move your arms to hold that leg up.



### EXTENDED TRIANGLE POSE

With legs wide, reach one arm up to the sky, touch your toes with the other hand, making a big triangle shape with your body!



### WARRIOR POSE

Step one foot back, bend your front knee, and stretch your arms up like a superhero ready for action!



### HORSE POSE

Bend your knees with your toes facing outward and push your arms out to the side.



### WARRIOR 2 POSE

Bend your knees with your toes facing outward and push your arms out to the side.



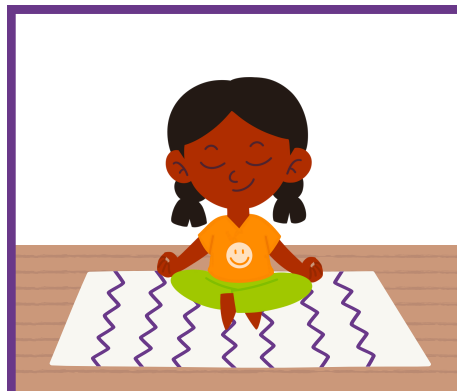
### LORD OF THE DANCE POSE

Stand on one leg, put the other leg up behind you grabbing that ankle with one hand. Push your other arm out in front of your body.



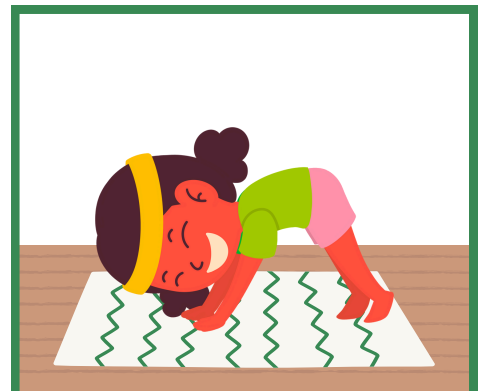
### BOAT POSE

Sit on the floor, putting your feet in the air. Reach your hands up towards your feet while you balance like a boat.



### LOTUS POSE

Sit with your feet crossed. Rest your hands gently on your knees, close your eyes, and relax.



### DOWNWARD DOG

Start on your hands and knees and then push your hips up into a mountain.