

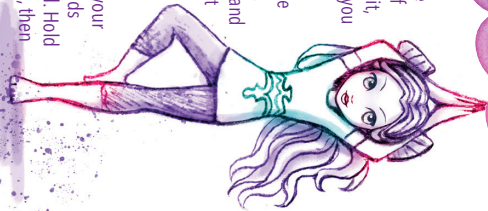
Yoga cards

FOR YOU TO KEEP!

Cut these cards out and keep them in your treasure box. Each morning, pick a random card and hold the pose for at least 30 seconds. Repeat 3 times. A great way to start the day feeling focused and limber!



Tree



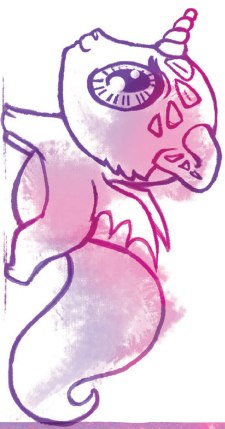
1. For this pose you have to be calm and focused. If you're not used to doing it, stand near a wall in case you lose your balance.
2. Focus on a spot on the ground or in front of you. Then raise your right leg and place the sole of your foot on the side of your left knee. Keep your right knee pointing out.
3. Once you've found your balance, bring your hands together over your head. Hold the pose for 30 seconds, then try with the other leg.

Warrior



1. Take a step forward with your left leg and bend your left knee.
2. Your knee should be right above your ankle. Make sure it's not going over your toes. Keep your right foot on the ground with the toes slightly turned to the right. Keep your hips straight. Check the right hip, it tends to rotate out to the right.
3. Raise your arms and stay in that position. Now try the other side.

Cat & cow



1. Get down on your hands and knees. Keep your knees hip-width apart and your arms straight.
2. As you inhale deeply, let your stomach sink to the ground while lifting your tailbone. Look up to the sky.
3. As you breathe out, round your back to the ceiling. Draw your belly button to your spine and lower your head, gazing at your thighs. Repeat several times.

Lotus



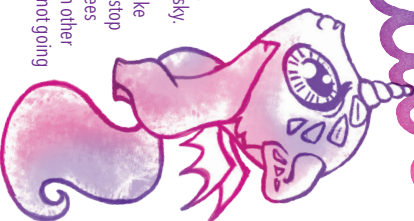
1. Sit with your legs crossed. Place your right foot on your left thigh and your left foot on your right thigh. Your heels should be pointing up. Keep your back straight.
2. Imagine your head is being held up by a string. You can also sit on a small cushion to help you keep your back straight. Place your hands on your knees, palms facing up. Close your eyes.

Legs up the wall



1. Sit down next to a wall. You can use a mat or blanket to get more comfortable.
2. Lay down on your back and stretch your legs up against the wall. Your bum should be touching the wall. Stretch your arms away from your body.
3. Close your eyes and relax. Breathe deeply. Stay in this pose for 10 minutes.

Chair



1. Stand up straight, with both feet parallel, but not quite touching. Raise your arms to the sky.
2. Bend your knees, like you're going to sit, but stop halfway. Keep your knees slightly apart from each other and make sure they're not going past your toes.
3. Shift your weight to your heels. Your torso should be at a right angle with your thighs, so bend forward slightly. Stay in your pose and breathe deeply.