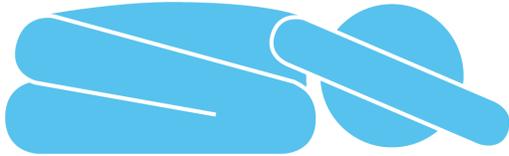


# Seven Poses

Look at the yoga pose examples. Then read the instructions across from the examples and try it!

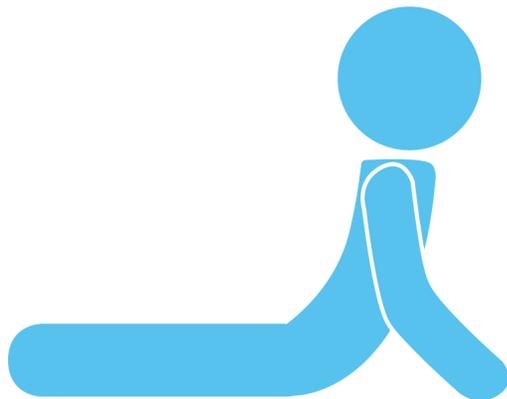
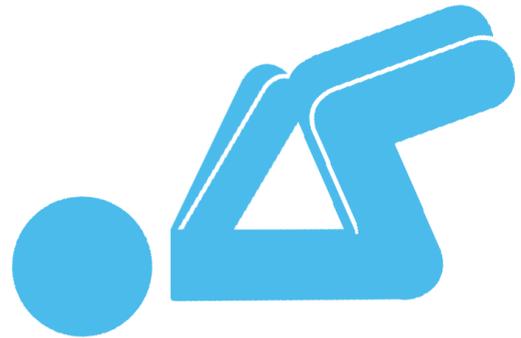


## Child's Pose

Kneel down on the ground with the top of your feet flat on the floor. Slowly push back so you are sitting on your heels while stretching your arms in front of you. Tuck your head and relax. Hold for 1 minute.

## Happy Baby Pose

Lie on your back and bend your knees to your chest. Separate your feet and knees while holding on to your feet (knees if you can't reach feet). Gently pull your legs closer to your torso. Hold for 1 minute.

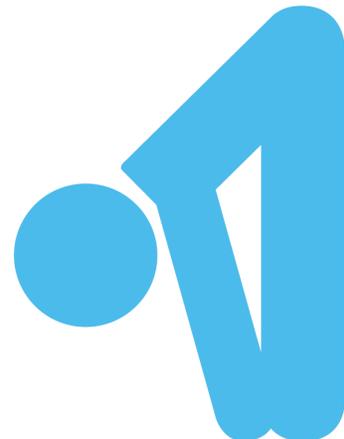


## Big Toe Pose

Stand upright with your legs completely straight. Exhale and bend forward to touch the ground. Grab your big toe with your index and middle fingers. Hold for 1 minute.

## Cobra Pose

Lie face down on the floor and place your hands under your shoulders. With your shoulders rolled back, push your upper body up while keeping your legs on the floor. Hold for 30 seconds to 1 minute.



# Seven Poses

Look at the pose examples. Then read the instructions across from the examples and try it!

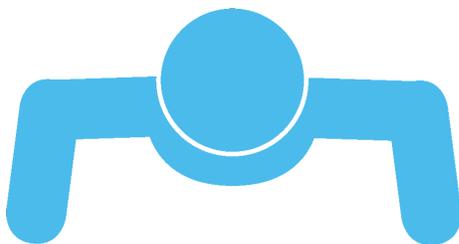
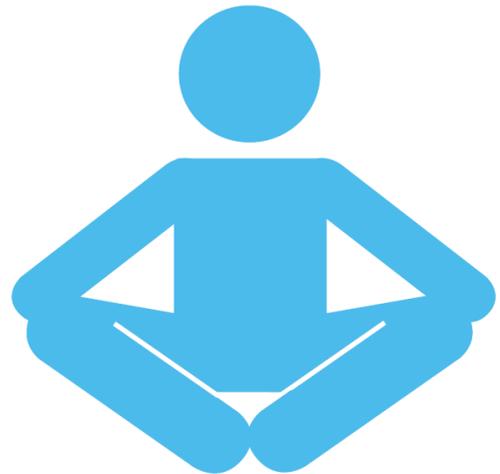


## Chair Pose

Stand with your feet shoulder width apart and raise your arms out in front of you. Bend your knees until your thighs are parallel to the floor. Hold for 30 seconds.

## Butterfly Pose

Sit up straight on the floor and bring your knees to your chest. Spread your legs so your feet are pressed together and your knees are as close to the floor as possible. Hold for 30 seconds.



## Plank Pose

Begin on your hands and knees, with your arms shoulder width apart. Walk your feet back until your head and body are in a straight line. Be careful not to let your hips sink or rise. Hold for 1 minute.