

My Morning Yoga Adventure

Focus your mind and stretch your body!

☺️, ☐ Mountain Pose

Stand tall and take 3 deep breaths.

? Reach for Clouds

Stretch your arms high up to the sky.

? Tree Pose

Balance on one leg like a strong tree.

☺️, ☐ Airplane

Lean forward and spread your wings.

? Cat & Cow

Wiggle your spine on hands and knees.

? Downward Dog

Make a "V" shape and pedal your feet.

? Butterfly

Sit and flap your knees gently.

? Cobra

Lie on your belly and lift your chest.

â Starfish

Rest on your back and relax everything.

Repeat this sequence 2 times â¬ Keep breathing deeply