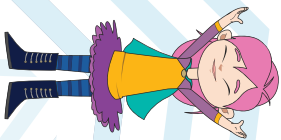


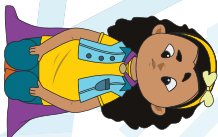
# YOGA FOR THE MIND AND BODY

## SUPERHERO STRETCHING



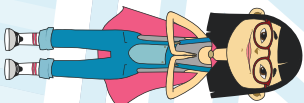
1. Stretch arms out like a superhero.
2. Breathe in.
3. Bend at waist and touch your toes.
4. Hold five seconds.
5. Slowly stand up straight.

## PIXEL BREATH



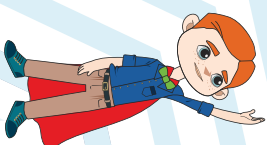
1. Slowly kneel on the floor- bottom on heels.
2. Twitch nose like a puppy.
3. Stick your tongue out and calmly inhale and exhale through mouth twelve times.

## MISSION UPI



1. Stand up straight and tall- place palms together over chest.
2. Close your eyes and imagine you're on a mountain.
3. What do you see?
4. Keeping your eyes closed, breathe in through your nose and out through your mouth.
5. Repeat three times.

## KRUMI CAPTURE



1. Stand with feet shoulder-width apart.
2. Pretend to hold a jar in your right hand.
3. Breathe in and lift your left hand up to reach for KRUMI.
4. Bring KRUMI down to place in the jar, while breathing out.
5. Switch hands and repeat each hand twice.

## SUPERHERO WIGGLE



1. Wiggle your nose.
2. Move jaw side to side.
3. Stretch neck left, then right.
4. Roll your shoulders back, then shake arms and hands.
5. Bend neck.
6. Wiggle hips.
7. Shake left leg, then right.
8. Now shake your whole body.

## CAPE KICKS



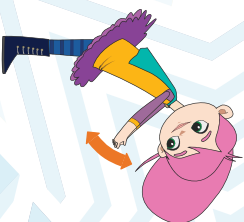
1. Sit on the floor.
2. Lean back and lift legs up.
3. Kick your feet.
4. Laugh while you kick.
5. How fast can you kick?
6. Kick twenty times.

## HEART, HEAD, HANDS.



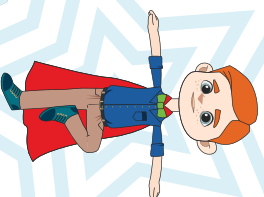
1. Stand and place palms together over chest.
2. Breathe in through your nose while lifting your palms over your head.
3. Breathe out, and explode by stretching palms above your head.
4. Drops hands to your side, letting them hang.
5. Repeat three times.

## EMPATHETIC ELEPHANT



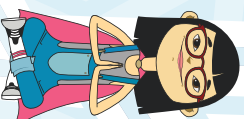
1. Stand with feet shoulder-width apart.
2. Lace fingers together and dangle your arms in front of you.
3. Breathe in and lift arms above your head with fingers still together.
4. Breathe out while swinging your arms down through your legs.
5. Repeat three times.

## POWER POSE



1. Bring one foot up, placing it on the thigh of your other leg.
2. Place arms out or place palms together above head.
3. Balance like a superhero.
4. Place foot on floor and switch feet.
5. Repeat each side twice.

## REFLECTION POSE



1. Sit cross legged on the floor.
2. Place palms together over chest and close your eyes.
3. Breathe in through your nose.
4. Sigh deeply.
5. Repeat three times.

BREATHE IN.

BREATHE OUT.