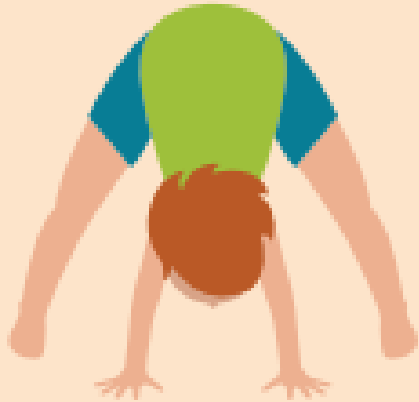


ELEPHANT POSE

(WIDE-LEGGED STANDING FORWARD BEND)



I have a strong body.

CROCODILE POSE

(PLANK)



I am calm.

TIGER POSE

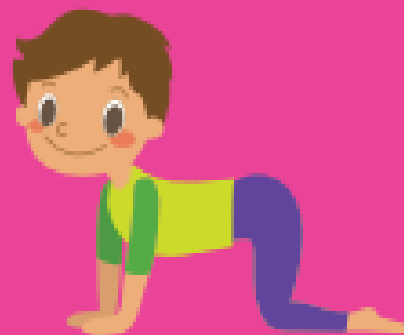
(CAT POSE)



I am brave.

COW POSE

(COW POSE)



I am kind.

FLAMINGO POSE (TREE POSE)



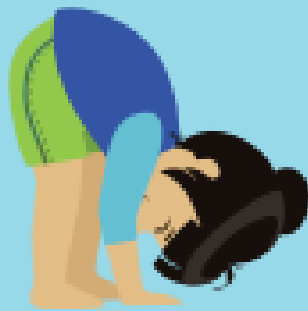
I am beautiful.

RHINO POSE (TRIANGLE FORWARD BEND)



I am a leader.

BAT POSE (FORWARD BEND)



Focus on your breathing. Can you feel the air moving in and out through your nose?

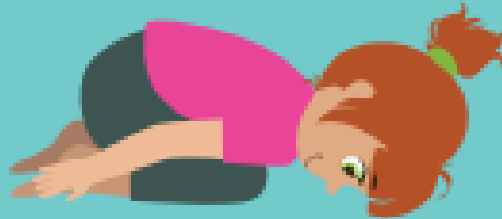
GIRAFFE POSE (EXTENDED MOUNTAIN POSE)



I reach for the stars.

TURTLE POSE

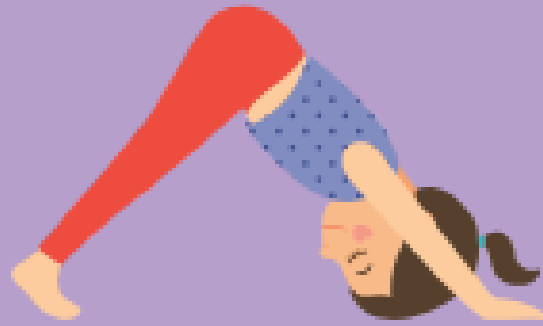
(CHILD'S POSE)



I am patient.

PUPPY POSE

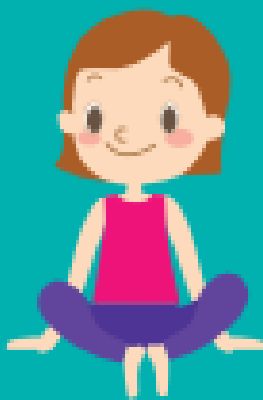
(DOWNWARD-FACING DOG)



I am friendly.

BUTTERFLY POSE

(BUTTERFLY POSE)



I am unique.

COBRA POSE

(COBRA POSE)



On the exhale, make the 'shhh' sound to slither like a snake.