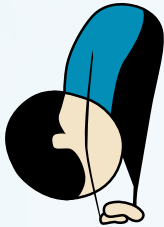


## GO WITH THE FLOW

**What's up dog?!** You already know that yoga is an exercise that helps you build strength and become more flexible, but did you know it has other benefits?

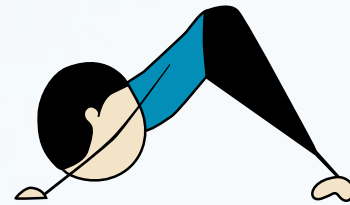
Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. Put on your favorite playlist and try these moves! Once you feel like you have these mastered, try teaching them to a friend.



### FORWARD BEND

Although this pose may look easy, it can take a while to be perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.

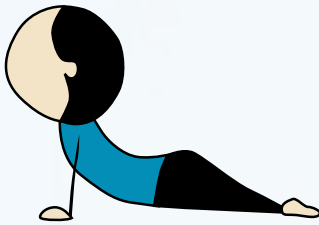
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### DOWN DOG

From Forward Bend, keep your heels planted and walk your hands out in front of you until you are in an upside-down "V" shape. Relax your neck and let your head hang, while keeping your hips high in the air.

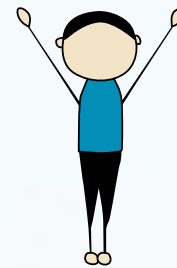
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### UP DOG

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.

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### RAISED HANDS

This standing position is good for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.

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