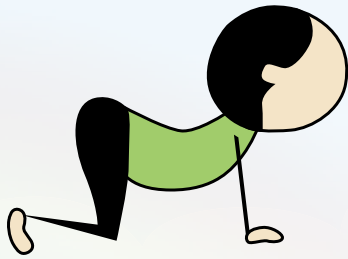


## STRETCH IT OUT!

Yoga helps build strength and flexibility. It also helps you focus so you can feel calm and happy! Try these poses. Once you feel like you've got them down, try teaching them to a friend.



### COW POSE

Start with your hands and knees on the floor like a table. As you breathe in, arch your back and point your face forward. Hold for 5 seconds, exhale and go back to your starting position. Repeat!

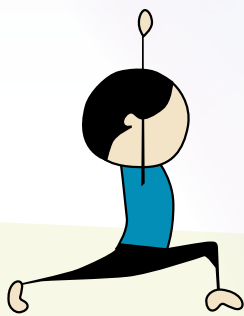
● ○ ○ ○ ○ DIFFICULTY 1/5



### MOUNTAIN POSE

Stand up tall with your feet together and arms by your sides. Face forward and take deep breaths in through your nose and out through your mouth.

● ○ ○ ○ ○ DIFFICULTY 1/5



### WARRIOR 1

Start in Mountain Pose. Bring one foot back and point your toes out. Face your chest toward your front leg, and bend your front knee. Lift your arms to the ceiling and look up. Keep your legs strong, breathe deep, hold, then switch legs.

● ● ○ ○ ○ DIFFICULTY 2/5



### WARRIOR 2

Keep your feet in the same position as Warrior 1. Turn your chest out to the side, raise your arms, and extend your fingertips long and strong.

● ● ○ ○ ○ DIFFICULTY 2/5