

# Airplane Pose



Begin in Mountain Pose. Extend your arms out to either side.

Lean forward, lifting one leg straight behind you.

Hold this pose, then return your leg to the ground and your arms to your sides.

Repeat with your opposite leg.

# Bow Pose

Lie flat on your tummy with your arms alongside your body, your palms up.

Bend your knees, flex your feet, take a deep inhale, lift your chest, and look forward.

Then reach your arms back towards your toes and grab your ankles.



# Bridge Pose

Lay down on your back. Rest your arms on the floor, alongside your body. Bend your knees, and set your feet flat on the floor.

Lift your hips towards the ceiling. Hold this pose for a few breaths. Slowly lower your hips back to the floor.



# Butterfly Pose



Bring the soles of the feet together, knees out wide.

Sit up tall.

Relax and breathe

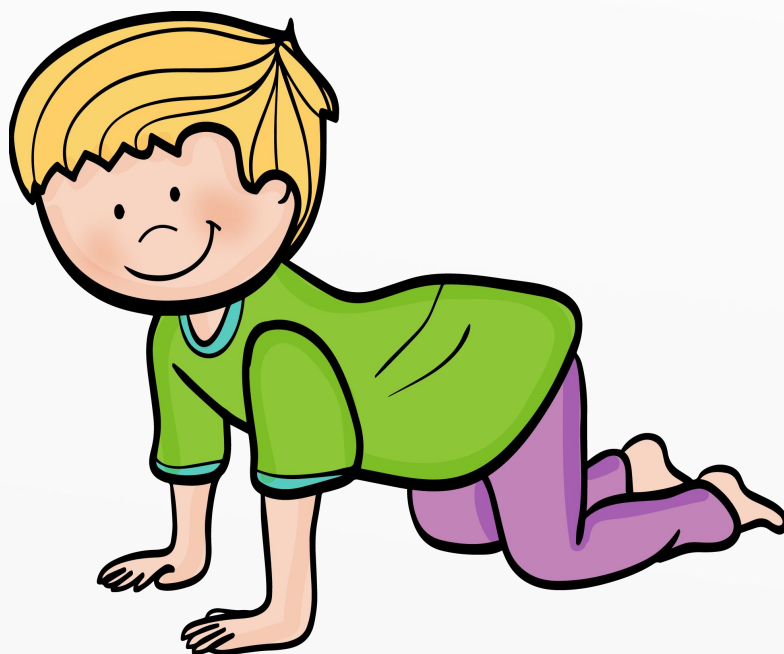
# Cat Cow Pose

Begin in Table pose.

Round your back towards the ceiling and look at your belly.

On an inhale, come back slowly and gently to a tabletop position.

Then look up to the ceiling, and allow your belly to sink towards the floor.



# Child's Pose

Kneel on the floor, touching your big toes together. Sit back on your heels, and separate your knees hip-width apart.

Slowly bring your head down, and rest it on the floor in front of you. Rest your hands comfortably by your side. Relax and breathe.

