



Start the year off with a ROAR!

Lion's Breath (Simhasana, variation)

A few of benefits: Relieves tension throughout the body but especially in the face and neck. Tones the throat, reducing wrinkles and improving voice quality. Improves confidence levels and reduces stress.

How to do it: Start by sitting on your knees with your hands on your thighs. Inhale deeply. Exhale with a loud, deep sound as you rise lift your body up, raise your arms, spread your fingers, and push out your tongue as far as you can.

Make it more INTERACTIVE & FUN: Laugh instead of roar!

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Happy Baby Pose (Ananda Balasana)



Celebrate *joy* and *playfulness!*

A few of benefits: Releases muscles in the lower back; opens hips; quiets the mind.

How to do it: Lying on your back, bring your knees to your chest. Spread your knees and grab onto the outside part of your feet, toes, or ankles as you inhale. Exhale and raise your lower legs up. Keep your feet parallel to the ceiling with your thighs near your chest and your hips on the floor.

Make it more INTERACTIVE & FUN: Gently roll from side to side (without toppling over)! You can also try laughing out loud while you hold this pose.

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Strong and flexible like a SNAKE!

Cobra Pose (Bhujangasana)

A few of benefits: Strengthens the spine, arms, and shoulders; stimulates respiratory system by stretching the chest, abdominals, and lungs; helps ease stress and fatigue; supports healthy digestion.

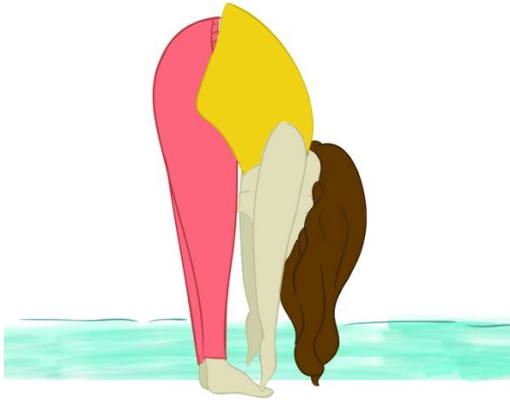
How to do it: Laying down on your stomach, place your hands under your shoulders. Slowly straighten your arms as you exhale, raising your head, neck, and chest off the floor. Keep your shoulders down, away from your ears as you exhale into the pose. Go as high up as feels comfortable. Do not push yourself too far!

Make it more INTERACTIVE & FUN: Hiss like a snake as you exhale!

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Let it all go!

Forward Bend (Ragdoll Pose/Uttanasana)

A few of benefits: Stretches the back of the legs; releases tension in the neck and back; calms the mind and soothes the nerves.

How to do it: Start from a standing position. Feet firmly on the floor. Inhale and reach up. Exhale and fold forward from the hips. Let your arms hang down or touch the floor. Relax your head, neck, and shoulders as you let gravity increase the stretch with each breath. Hold for 20-30 seconds then roll yourself up slowly.

Make it more INTERACTIVE & FUN: Instead of rolling up, try swinging your arms gently forward and back, letting the momentum bring you to standing!

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Airplane Pose (Warrior/Virabhadrasana III)



Lift off *into Spring!*

A few of benefits: Strengthens the spine, arms, and shoulders; stimulates respiratory system by stretching the chest, abdominals, and lungs; helps ease stress and fatigue; supports healthy digestion.

How to do it: Standing tall with your knees slightly bent, shift your weight to one foot as you inhale. As you exhale, raise your other leg, keeping it straight and your foot flexed. Take a few breaths while holding this posture then return to standing and switch sides.

Make it more INTERACTIVE & FUN: Put your arms out to the side like airplane wings and imagine all the places you can go visit!

March

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Cat Pose (Marjaryasana)



A few of benefits: Stretches back and neck; massages spine and belly.

How to do it: Start on all fours (“table top”) with your wrists aligned with your shoulders and your knees aligned with your hips. As you exhale, round your back towards the ceiling and gently let your head drop as you release your neck muscles. Inhale and return to table top.

Make it more INTERACTIVE & FUN: Meow like a cat!

Stretch *like a Halloween cat.*

October

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Having a whale of a good time!

Whale pose (Bow pose/Dhanurasana, variation)

A few of benefits: Strengthens the spine, arms, and shoulders; Stretches the spine; massages the digestive system.

How to do it: Lay down on your stomach with your hands under your shoulders. Inhale as you lift up your chest as in cobra pose. Exhale and bend your knees, bringing your feet towards your lower back.

Make it more INTERACTIVE & FUN: Inhale and raise your head up towards the ceiling then exhale loudly, like a whale spouting water through your blowhole!

April

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Butterfly Pose (Baddha Konasana)

A few of benefits: Helps increase flexibility in hip joints; can ease menstrual pain for women; may help to alleviate fatigue by calming the nervous system according to yogic teachings.

How to do it: While sitting on the floor (or on a pillow or folded-up blanket if your hips are tight), bring the soles of your feet together and let your knees open out to the sides. Keep your back straight. To add a stretch, grab your big toes as you lean forward from the hips.

Make it more INTERACTIVE & FUN: Fly like a butterfly as you gently pulse your knees up and down! What color are your wings?

Spread your wings like a butterfly!

September

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Stop and smell the flowers.

Tree Pose (Vrksasana)

A few of benefits: Improves balance; helps calm the brain; strengthens the ankle, leg, butt, and spine.

How to do it: Standing tall with your hands on your hips or palms together in front of your chest. Inhale and shift your balance to one foot, focusing on a point in front. Lift your other leg up and, exhaling, place your foot against the side of your ankle, calf, or thigh (depending on how strong and stable you feel). Raise your arms above your head on your next inhale. Hold as long as you can then change sides.

Make it more INTERACTIVE & FUN: Spread your fingers and gently wave wiggle them around like leaves rustling on your tree!

May

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Resting Pose (Shavasana)

A few of benefits: Reduces anxiety and stress; releases muscle tension.

How to do it: Lay down on your back with your hands at your sides, palms facing the ceiling. Let your feet open to the sides (put a pillow or blanket under your knees if this feels more comfortable). Gently rock until you find a position in which you feel as close to symmetrical as possible.



Relax and refresh in the Summer.

Make it more INTERACTIVE & FUN: This is a meditative posture. As you rest here, imagine that you are going on a dragon hunt or walking around a secret garden or any other adventure you can think up!

August

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Unleash *your inner warrior!*

Warrior II Pose (Virabhadrasana II)

A few of benefits: Strengthens the spine, arms, and shoulders; stimulates respiratory system by stretching the chest, abdominals, and lungs; helps ease stress and fatigue; supports healthy digestion.

How to do it: Stand tall with your feet together. As you exhale, take a large step sideways (so that your feet are parallel and about 4-5 feet apart). Inhale and turn your front foot to face the front. Turn your back foot slightly forward (so it is at about 45 degrees angle) and your back leg slightly in. Raise your arms to shoulder height. As you exhale again, bend your front knee until your thigh is parallel to the floor. Do not let your knee pass in front of your front toes. Take a few breaths before returning to standing then repeat on other side.

Make it more INTERACTIVE & FUN: Pretend you are surfing a big wave!

June

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Boat Pose (Navasana)

A few of benefits: Strengthens the abdominals and back muscles. Can aid in promoting healthy digestion.

How to do it: Sit down with your knees bent and feet flat on the floor. Place your hands behind you for balance as you inhale, lean backwards and lift your legs, one at a time. Keep your spine straight by contracting your abdominals and lift your arms up too as you balance on your sits bones. Keep your knees bent or try to straighten them if you feel ready.

Make it more INTERACTIVE & FUN: Pedal with your legs as you row your boat gently down the stream.

Set sail for fun, new adventures!

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