
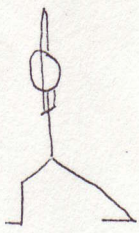


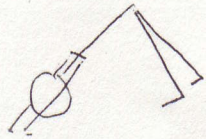

	<b>Chair</b>	<p>..stand as in mountain, feet apart, arms out front, bend knees as if to sit back in a chair.</p> <p>.. pull belly in.</p>
	<b>Balancing Stick</b>	<p>..stand as in mountain, raise arms over head, palms face each other, slowly lift one leg back as you lower torso and arms forward, hold few seconds.</p> <p>.. repeat with other leg.</p>
	<b>Warrior</b>	<p>..stand as in mountain, fold forward at top of legs, bend knees, put hands on floor, lunge left foot back, keeping right knee bent, raise arms over head, palms facing, step left foot forward, lower arms. ..repeat with right foot lunging back.</p>
	<b>Cat</b>	<p>..on hands and knees, pull belly up with exhale, arch back, lower head.</p>
	<b>Cow</b>	<p>..on hands and knees, inhale while lowering belly and lifting head and tail bone.</p>
	<b>Down Dog</b>	<p>..on hands and knees, begin the cat pose and curl toes under, push weight back into feet and lift tail bone up, legs straight and heels down, arms straight...bend knees and jump feet forward, stand up.</p>
	<b>Child</b>	<p>.. kneel on mat, bend forward and rest head on floor with arms at side.</p> <p>..breathe deeply and relax.</p>