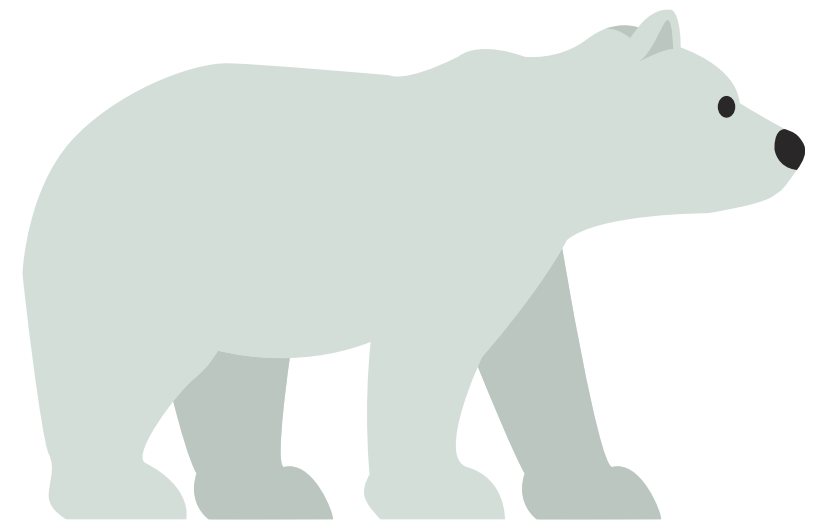




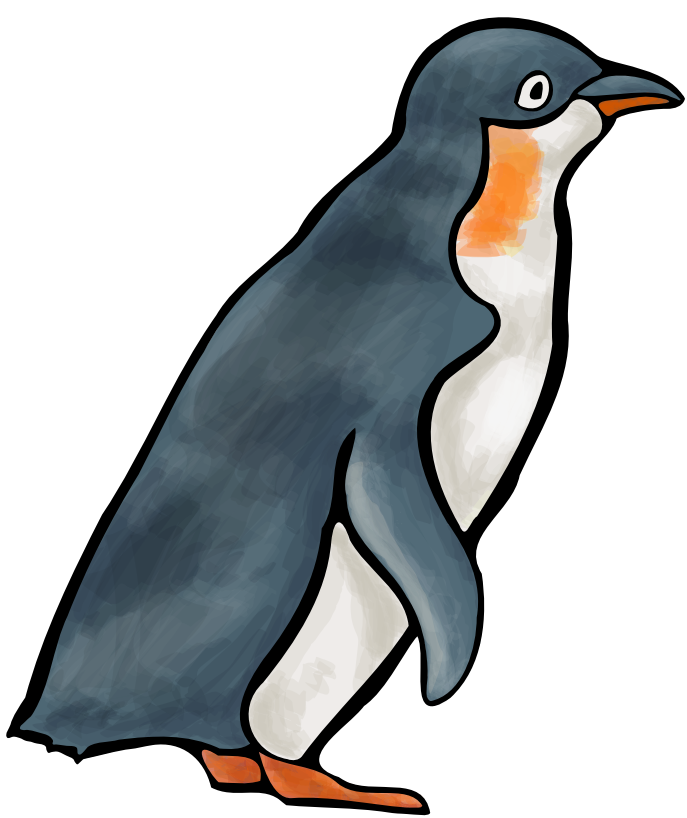
Ice Skating Pose

Begin by standing tall. Bend one foot up behind you, and hold onto that foot with your hand on the same side. Lift your other arm in front of you. Gently let go of your leg, and return to standing. Repeat on your other side. Imagine yourself gliding on the ice!



Polar Bear Pose

Get on your hands and knees. Take a deep breath in and gently drop your belly and lift your hips. Look up towards the ceiling and wag your tail.



Penguin Pose

Stand tall with your back straight and your arms down by your side. Imagine being a happy penguin. See if you can walk like a penguin for 30 seconds!



Bird Pose

Begin in Mountain Pose, then step your feet apart. Bend your knees, and place your hands on the floor between your feet. When you feel balanced, make your back nice and straight, and fold your wings (arms). Can you make bird sounds?