

Weeks 7 & 8: Superhero Yoga Flow



Mountain Pose (*Tadasana*)

Stand tall in your mountain pose and take a few deep breaths.



Warrior I (*Virabhadrasana I*)

Lift your arms high overhead and show how brave you are.



Warrior II (*Virabhadrasana II*)

Extend your arms out to the side. Can you show off your muscles by changing your arm shapes as you hold this pose?



Peaceful Warrior (*Viparita Virabhadrasana*)

Now you are a peaceful superhero, gaining energy as you prepare for a battle.



Warrior III (*Virabhadrasana III*)

Show your superhero kindness as you keep watch over your community.



Half Moon (*Ardha Chandrasana*)

Show off your superhero strength by balancing in this final superhero pose.

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."