

## Weeks 13 & 14: Go Yogi Go!



### Easy Pose (*Sukhasana*)

Today we are going on an adventure. Off we go in our car! Can you practice driving in different directions?



### Cycling Yoga Pose (*Pada Sanchalanasana*)

Uh oh, we ran out of gas! Let's rent a bike to continue our adventure.



### Standing Forward Bend (*Uttanasana*)

Now take a minute to massage those tired feet from all that biking.



## Warrior III (*Virabhadrasana III*)

Going by airplane will get us there so much faster. Let's fly in an airplane. Imagine soaring through the sky along with the wind.



## Boat Pose (*Navasana*)

A boat awaits us after our plane lands. Let's get in the boat.



## Revolved Abdomen Pose (*Supta Jathara Parivartansana*)

As your travel in your boat, check out the view along the way by turning from side to side.

## 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."*