

Weeks 17 & 18: Daily Routine Yoga Flow



Cat (*Marjaryasana*)

Cow (*Bitilasana*)

Stretch like an animal to wake up your body.



Standing Forward Bend (*Uttanasana*)

Reach for the sun to gain more energy, then fold to reach the ground.



Plank Pose (*Kumbhakasana*)

As you hold this pose, find your focus and strength.



Warrior II (*Virabhadrasana II*)

As you move into this pose say, "I work hard at my schoolwork like a warrior!"



Wind Relieving Pose

(*Pawanmuktasana*)

Stretch your spine to get ready to rest.

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."