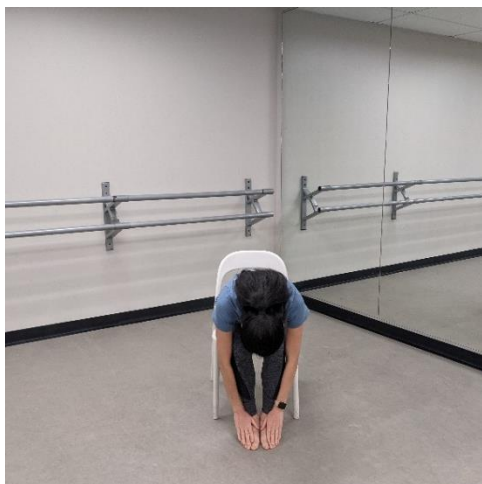


Weeks 25 & 26: Spring Chair Yoga Flow



Upward Salute (*Urdhva Hastasana*)

Float your arms up above your head, like a cloud high in the sky.



Forward Fold (*Uttanasana*)

Fold forward like you are rain falling down.



Warrior III (*Virabhadrasana III*)

Do you feel like you are a flying bird?



Tree (*Vrksasana*)

Let's try a fun tree pose balance challenge! On the count of three, let's try closing our eyes while we balance. You can keep your hand on the back of the chair if you'd like.

Ready? 1, 2, 3, balance!

Repeat the balancing poses, Warrior III and Tree, with your other leg!

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."