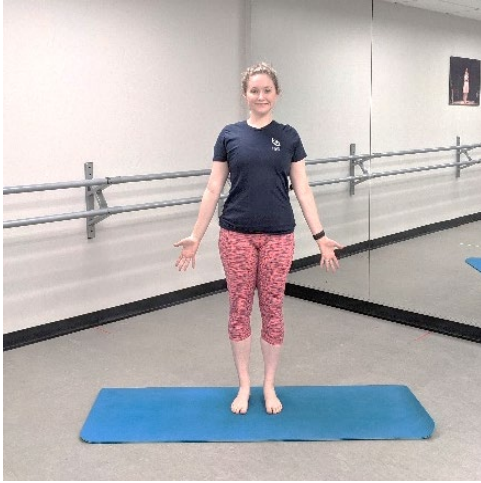
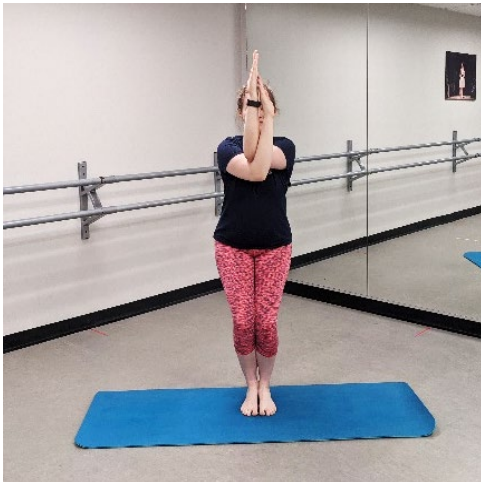


Weeks 27 & 28: Hiking Yoga



Mountain Pose (*Tadasana*)

Feel your toes and heels reaching down into the earth and the crown of your head reaching towards the sky.



Eagle Pose (*Garudasana*)

Reach out your arms to the side, like eagle's wings. With your knees slightly bent, pick one wing, and bring it under the other, touching the backs of your hands together.



Tree (*Vrikshasana*)

Place one foot up against the opposite leg.

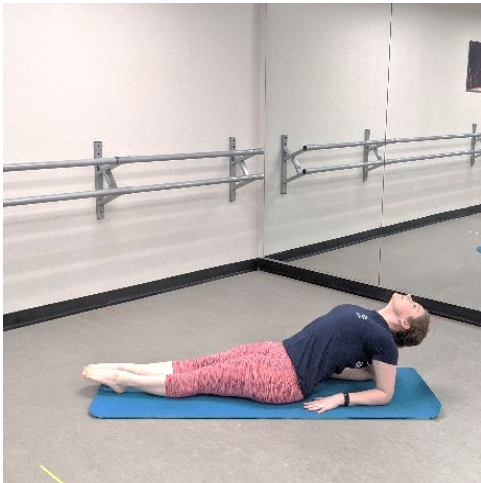
If you wobble, that's okay!
Trees sway in real life!



Waterfall (*Viparita Karani*)

Float your legs up in the air so that your heels are right over your hips.

Imagine water falling from your toes to your hips, just like a waterfall!



Fish Pose (*Matsyasana*)

Take a few breaths.

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."