

Weeks 29 & 30: Nature Yoga



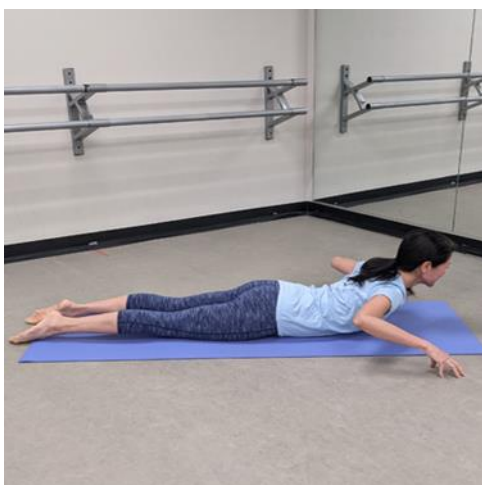
Forward Fold (*Uttanasana*)

Dive forward to touch the ground.



Plank (*Chaturanga Dandasana*)

Walk your hands out to a plank. Now walk your feet to meet your hands, just like an inchworm.



Cobra with Spider Hands (*Bhujangasana*)

Laying on your belly, bring your arms out to the side. Make your fingers look like spiders and place them gently on the floor. Now, reaching your neck nice and long, slowly lift your head just like a cobra.



Butterfly (*Baddha Konasana*)

Sit on your bottom with the bottoms of your feet together. Our legs look like the wings of a butterfly.

Can you flap your butterfly wings slowly 4 times?

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."