

Weeks 33 & 34: Summer Yoga Flow



Triangle Pose (*Trikonasana*)

Our bodies look like the sail on a sail boat!



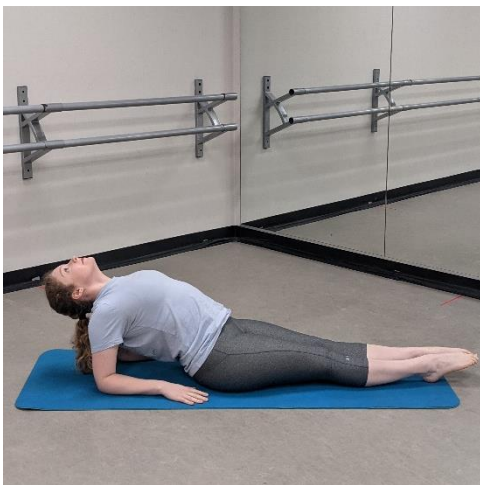
Plank (*Kumbhakasana*)

Now our bodies look like a surf board, gliding across a wave!



Boat Pose (*Navasana*)

Now we are a boat floating in the water!



Fish Pose (*Matsyasana*)

Imagine you are sunbathing.
Can you feel the sunshine on your skin?

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."