

Junior Snow or Climbing Adventure

Yoga Poses

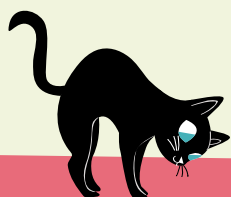


Cobra pose:

Lie on your stomach. Place your hands flat next to your shoulders, and, then, lift your head and shoulders off the ground.

Cat pose:

Get down on your hands and knees in an all-fours position, round your back, and tuck your chin into your chest. Pretend you're a cat!



Tree pose:

Stand up straight on one leg. Bend the other leg and place the bottom of your foot on the inside of your thigh or calf. Hold the pose as long as you can.

Downward dog pose:

Start on your hands and knees. Make sure your palms are flat and your arms straight. Then slowly straighten your knees and lift your hips. Relax your head between your arms. Then, lower your knees back down to the floor.