

# MOVEMENT & BREATHWORK



Describe how your body felt before doing yoga.

[Empty text box for describing how the body felt before doing yoga.]

Describe how your body felt after doing yoga.

[Empty text box for describing how the body felt after doing yoga.]



What pose did you enjoy the most? Why?

[Empty text box for describing the favorite yoga pose and why.]



Were there any poses that felt challenging? How did you respond?

[Empty text box for describing challenging poses and responses.]

What did you learn about your body and your mind?

[Blank space for reflection]



Yoga teaches flexibility in the body and the mind.

How can you carry what you learned in yoga to other parts of your day?

[Blank space for reflection]

## TABLE TOP FLOW

Hold each pose for 15-30 seconds.  
Make sure you switch sides!

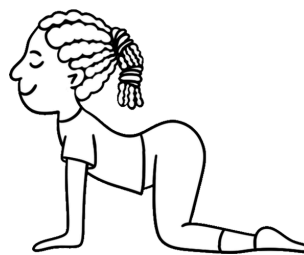
5-10 MIN FLOW AT HOME!



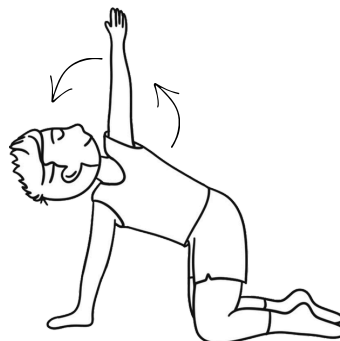
CHILD'S POSE



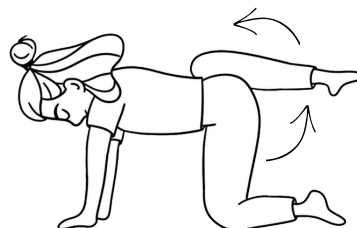
CAT POSE



COW POSE



SHOULDER ROTATION



ONE LEG HIP ROTATION

