

SPRINGTIME YOGA JOURNEY

Picture	Keyword	Yoga Pose	Demonstration
	SUN	Sun Salute	
	TREE	Tree Pose	
	BIRD	Warrior 3 Pose	
	RAIN	Standing Forward Bend	
	PLANTING GARDEN	Squat Pose	
	CATERPILLAR	Locust Pose	
	BEE	Hero Pose	
	BUTTERFLY	Butterfly Pose	
	FLOWER	Flower Pose	
	RELAXING IN THE PARK	Resting Pose	