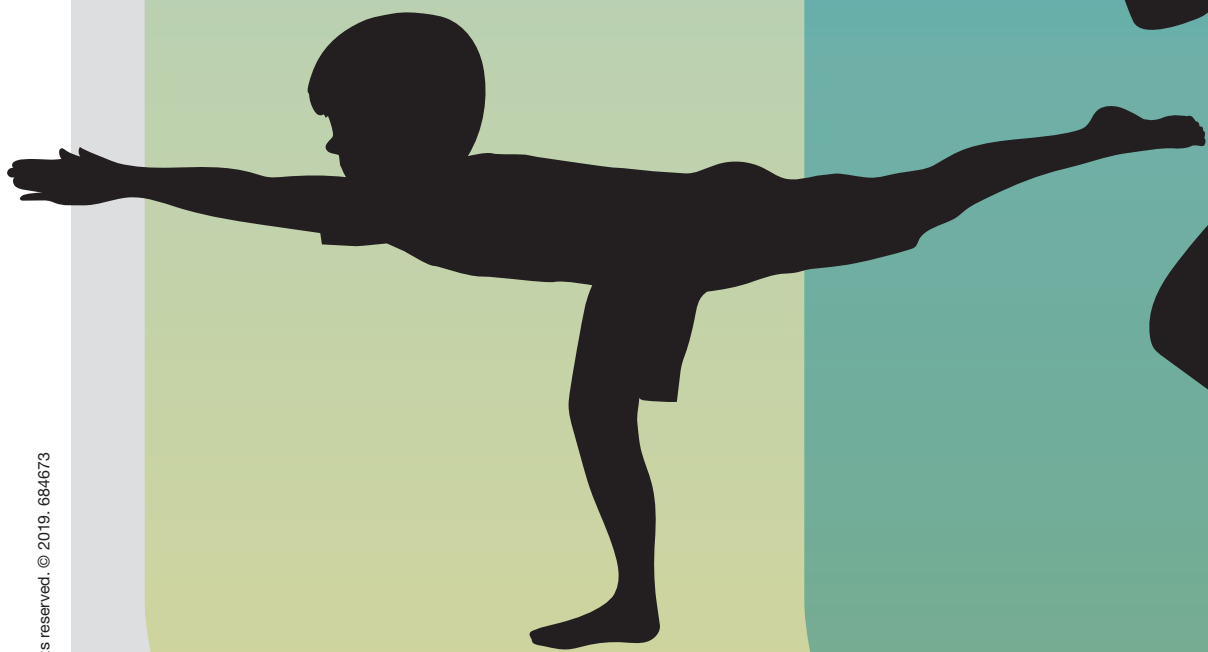


Yoga for Learning

Try these poses to power up your school day.

Be
Balanced



Warrior III Stand on one leg and stretch the other leg behind you with your toes off the floor. Once you feel steady, stretch both arms in front of you. Focus on a spot in front of you to help you balance.

Be
Calm



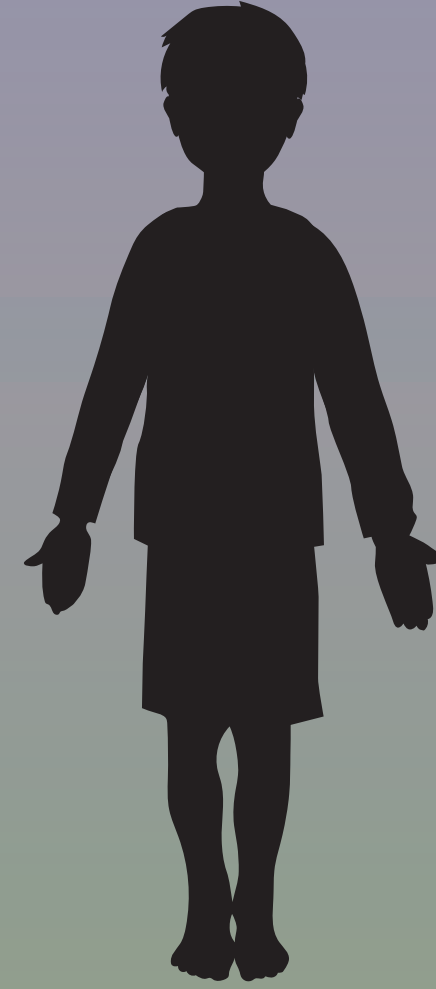
Eagle Begin in a standing position. Cross your right thigh over your left leg. Try to tuck your right foot behind your left leg as best you can. Cross your arms in front of you like you're giving yourself a big hug!

Be
Focused



Tree Stand on one leg. Bend your other leg and place the sole of that foot on your inner thigh (or on your leg below your knee). Reach your arms overhead and place your hands together.

Be
Powerful



Mountain Stand with your feet together. Extend your arms alongside your body, with palms up. Look straight ahead and feel strong and grounded from the top of your head to the soles of your feet.

Be
Strong



Warrior II Start from a standing position. Slide one foot back and turn the toes out slightly. Reach your arms out to the side at shoulder height. Bend your front knee and look forward over your extended arm.