

WHALE POSE



STARFISH POSE

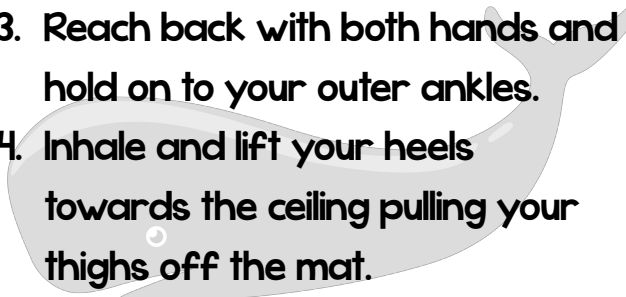


CRAB POSE




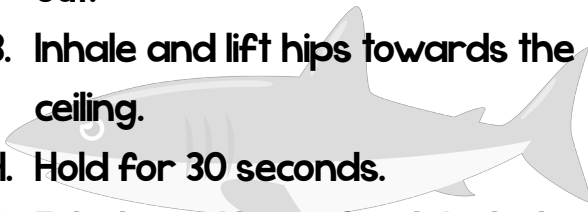
SHARK POSE



1. Lay flat on your stomach.
 2. Bend your knees and bring your heels as close to your buttock as possible, keeping your knees hip-distance apart.
 3. Reach back with both hands and hold on to your outer ankles.
 4. Inhale and lift your heels towards the ceiling pulling your thighs off the mat.
 5. Hold for 30 seconds.
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1. Stand on the mat with your arms at your side.
 2. Step your feet wide apart and point your toes outwards.
 3. Extend your arms out to shoulder height with palms facing forwards.
 4. Press your heels down and inhale, bringing your torso inwards.
 5. Hold for 30 seconds.
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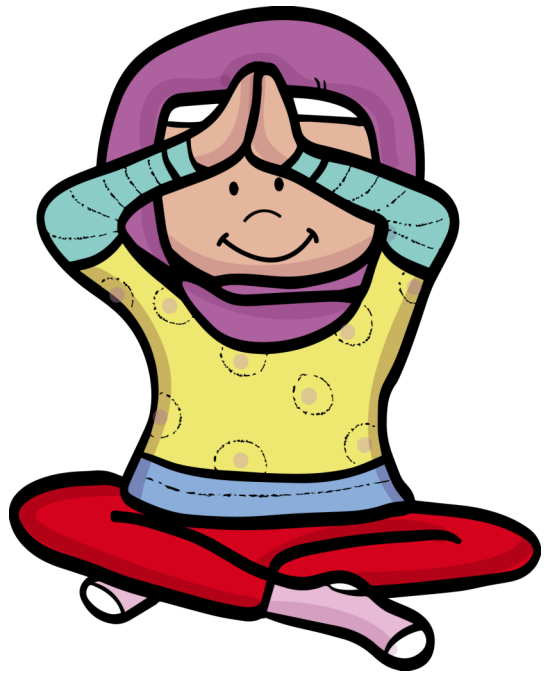
1. Begin seated with legs extended in front and arms resting at your sides.
 2. Bend your knees placing your feet flat on the floor.
 3. Place your hands a couple of inches behind your hips, shoulder-width apart.
 4. Press palms flat with fingers towards your feet.
 5. Inhale and straighten your elbows lifting your hips towards the ceiling.
 6. Hold for 5-10 breaths.
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1. Begin by sitting on your heels. Touch your forehead to your knees.
 2. Exhale and push hands back towards heels with hands facing out.
 3. Inhale and lift hips towards the ceiling.
 4. Hold for 30 seconds.
 5. Exhale and lower hip. Interlock finger.
 6. Inhale and lift arms towards the ceiling.
 7. Hold for 5 breaths.
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TURTLE POSE



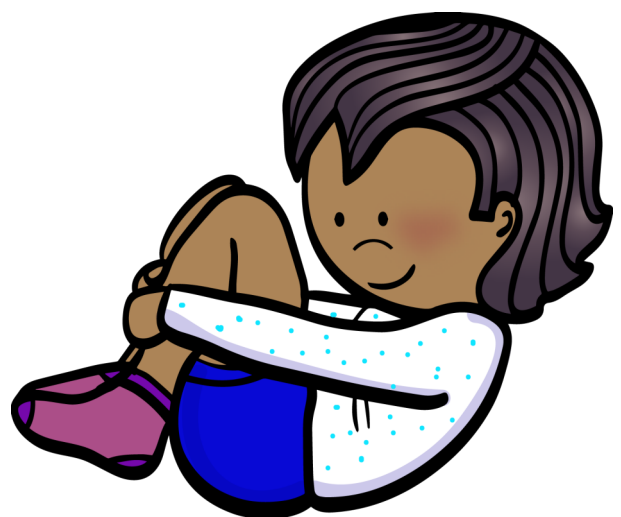
PUFFERFISH POSE

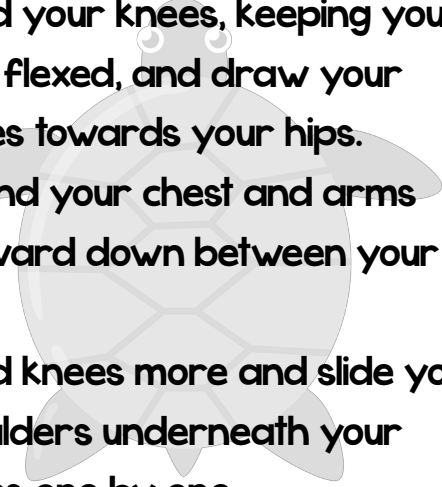


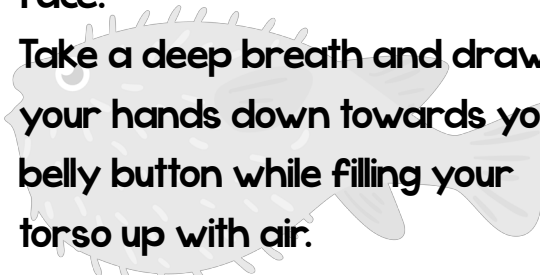
SQUID POSE



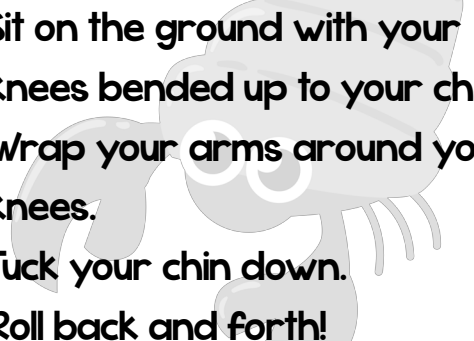
HERMIT CRAB POSE



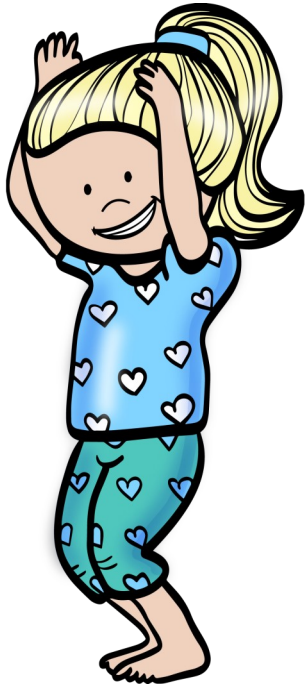
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1. Sit with your legs straight in front of you and hands on the floor beside your hips.
 2. Bend your knees, keeping your feet flexed, and draw your knees towards your hips.
 3. Extend your chest and arms forward down between your legs.
 4. Bend knees more and slide your shoulders underneath your knees one by one.
 5. Inhale and lower your torso towards the ground.
 6. Stay for 5-10 breaths.

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1. Sit crossed leg on your mat.
 2. Fold your hands in front of your face.
 3. Take a deep breath and draw your hands down towards your belly button while filling your torso up with air.
 4. As you exhale all your air out move your hands back up.
 5. Repeat.

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1. Begin seated with legs extended in front and arms resting at your sides.
 2. Rotate your legs outwards keeping your knees pointed towards the ceiling.
 3. Walk your hands forward between your legs.
 4. Hold position for 30 seconds.

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1. Sit on the ground with your knees bended up to your chest.
 2. Wrap your arms around your knees.
 3. Tuck your chin down.
 4. Roll back and forth!

SEAHORSE POSE



SWORDFISH POSE

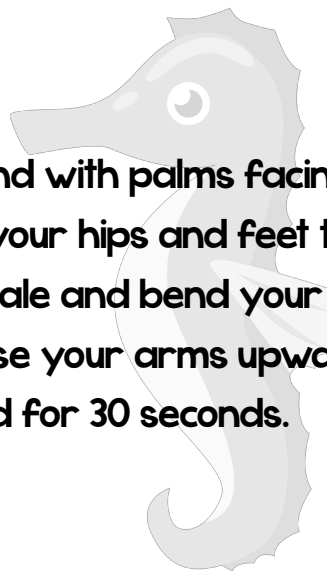


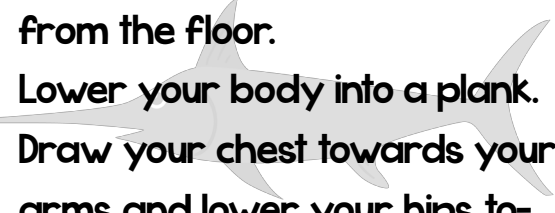
STINGRAY POSE



OCTOPUS POSE



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1. Stand with palms facing outward at your hips and feet together.
 2. Exhale and bend your knees.
 3. Raise your arms upwards.
 4. Hold for 30 seconds.

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1. Begin with your hands and knees on the floor. Knees should be below your hips and hands shoulder-width apart.
 2. Exhale and lift your knees away from the floor.
 3. Lower your body into a plank.
 4. Draw your chest towards your arms and lower your hips towards the ground.
 5. Press down with your hands and hold for 30 seconds.

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1. Start on hands and knees. Place your hands flat on the ground shoulder-width apart with knees hip-width apart.
 2. Lower hips to heels and forehead to the floor.
 3. Place arms back with palms facing the ceiling.
 4. Breathe slowly and deeply.
 5. Hold for 5-10 breaths.

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1. Stand tall with hands on your sides and feet slightly apart. Point toes outwards.
 2. Inhale and extend arms overhead.
 3. Exhale and bend knees 90 degrees. Press palms together and pull hands down to your chest.
 4. Hold for 30 seconds.