

GARDEN YOGA



Plant Seeds

Stand with your legs wide, twist your body and reach your hand to your corresponding foot



Seated Tree

Sit with your legs crossed and place your palms together. Extend your palms over your head and take some deep breaths



Smell the Flowers

Get into a lunge position and place your knees down on the floor.



Butterfly

Sit with the soles of your feet touching one another. Flap your legs like a butterfly flapping its wings!