

A Squash and a Squeeze

Yoga Sequence

wise old man
(mountain pose)



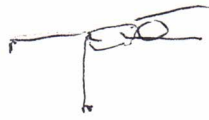
~ standing tall, palms together
at our hearts.

old lady
(tree pose)



~ one foot placed on lower
leg, arms raised

hen
(warrior pose)



~ bending forward at the
waist, one leg raised behind
arms forward

goat
(downward facing dog pose)



~ bend at waist,
straight legs and
arms.

pig
(child pose)



~ body over knees, arms
relaxed beside our body

cow
(cow pose)



~ on all fours, back
arched then dropped down

squash and squeeze
breath.



~ focus on breath, feeling
our bodies expand then
squeeze out our breath

namaste