

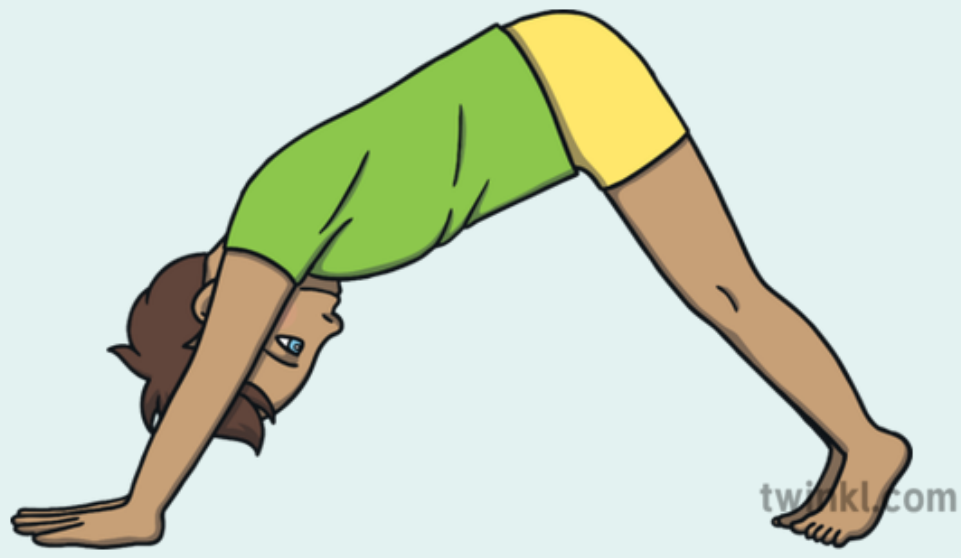
Coin Flip Yoga Challenge

Directions: flip a coin for each of the four rounds to determine your yoga pose. Hold the pose for 5 slow, deep breaths. Repeat this activity twice for a total of eight rounds.

Heads

Tails

Downward Dog



Extended Side Angel



Squat Pose



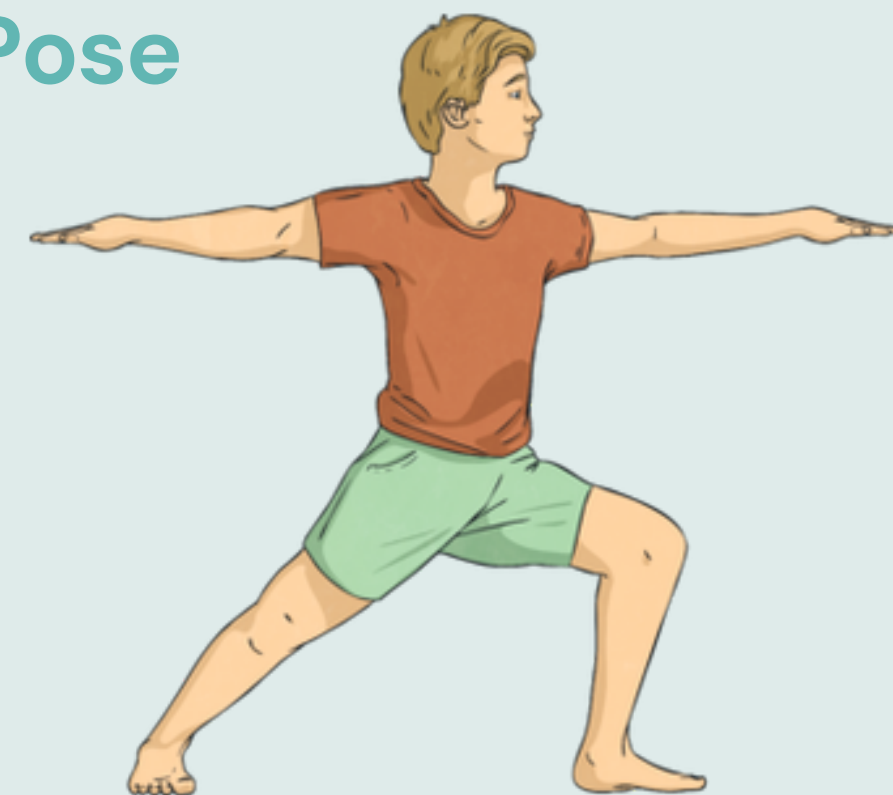
Tree Pose



Warrior Pose



Warrior Two Pose



Chair Pose



Half Moon Pose

