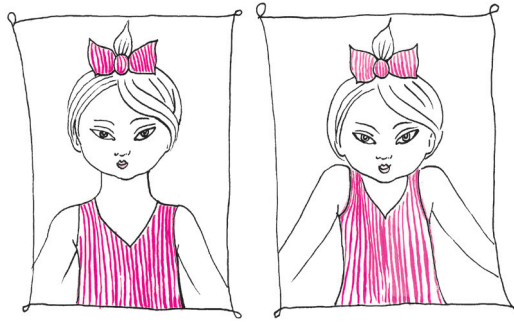


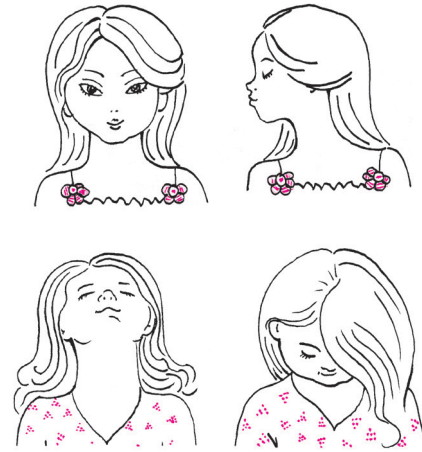
# Yoga Routines

**Morning Sequence - gently warms up the muscles and wakes up body and mind**

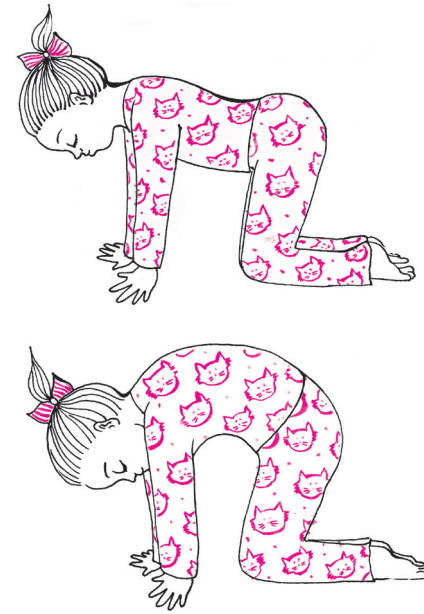
Chicken



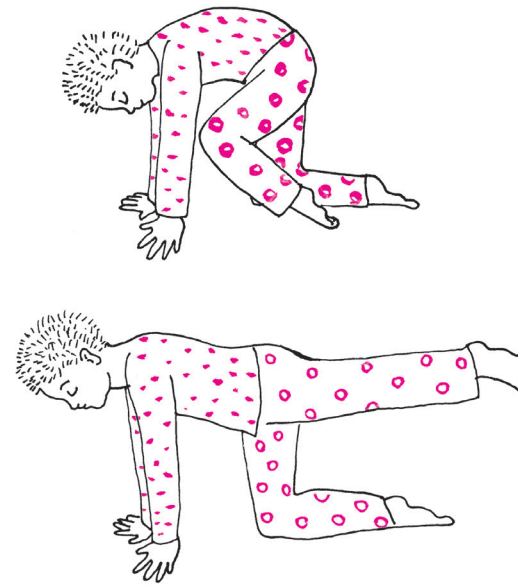
Sunflower



Cat



Tiger



Half Moon



Flower



Cobra



Sun Salute

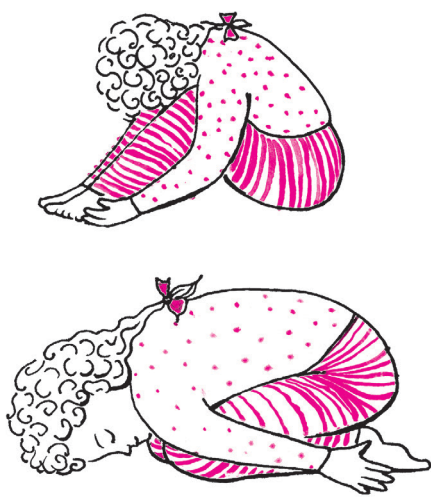


Lotus



**Afternoon( After School) Sequence - relieves mental and physical tension, energizes the whole child**

Snail



Sun Slute



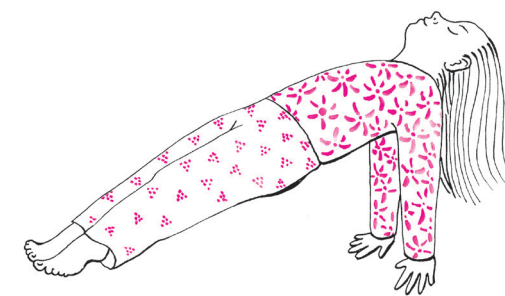
Giraffe



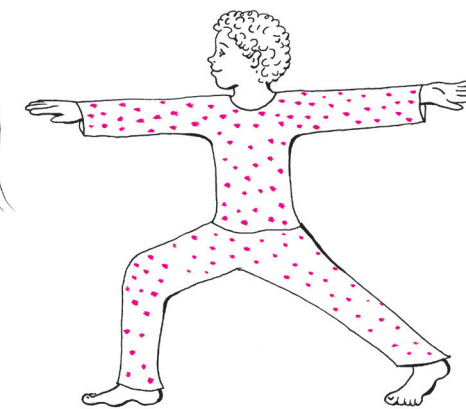
Frog



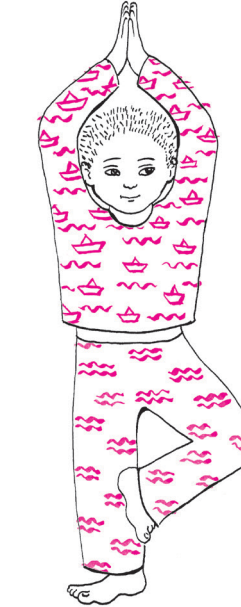
Elephant



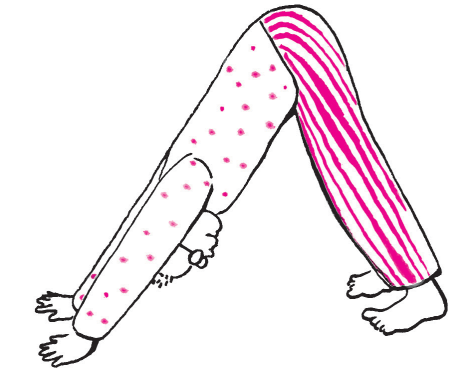
Warrior



Tree



Dog

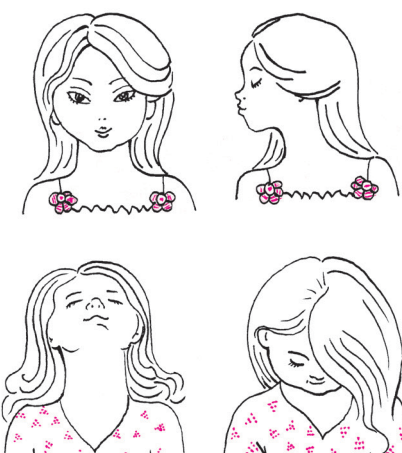


Mountain

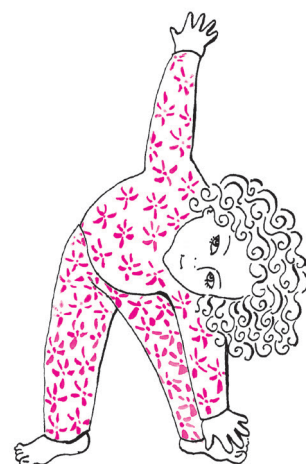


**Before-bed Sequence - massages and stretches tired muscles, soothes the nerves and invites restful sleep**

Sunflower



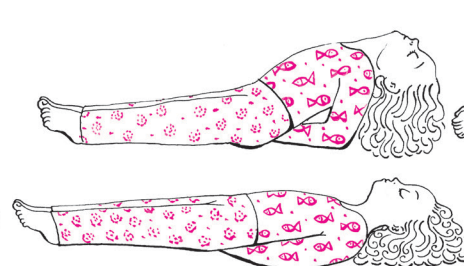
Triangle



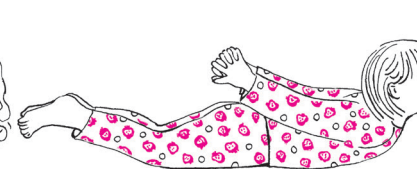
Tortoise



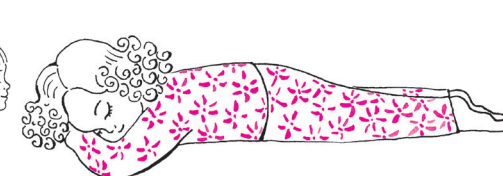
Fish



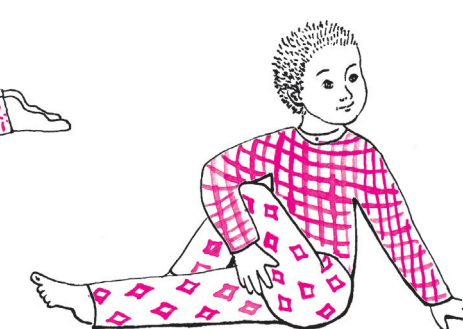
Shark



Hippopotamus



Bird



Butterfly



Crocodile



Cloud

