

## PARTNER TREE

Take 3 deep breaths on each side

Switch sides with partner



## TREE

Take 3 deep breaths  
on each side



## SIDE-STRETCH

Breath in- stretch up  
Breath out- stretch to the side  
(Reverse side)



## TWIST

Breath in-center  
Breath out-twist



## WARRIOR

Takes 3 deep breaths on each side