



Breathe out, hands by your heart **Mountain** • Breathe in, reach for the sky **Tall Mountain** • Breathe out, touch your toes **Forward Fold** • Breathe in, hold your knees **Half Lift** • Breathe out, touch your toes **Forward Fold** • Breathe in, reach for the sky **Tall Mountain** • Breathe out, hands by your heart **Mountain** • Breathe in, reach for the sky **Tall Mountain** • Breathe out, touch your toes **Forward Fold** • Breathe in, hold your knees **Half Lift** • Breathe out, touch your toes **Forward Fold** Breathe in, reach for the sky **Tall Mountain** • Breathe out, hands by your heart **Mountain**