

## Garden Flower Pose



**Stand tall with both feet together and slowly raise one foot up to the knee of your standing leg.**

**Reach your arms slowly overhead as if you are stretching to gather the sun's rays as they shine down on you.**

# Falling Leaves Pose



**Start by standing up tall.**

**Move around gently and slowly as if you were a leaf fluttering and floating to the ground. Rest and do it again.**

# Juicy Drumstick Pose



**Stand up tall with feet together and take your hands and pretend to spread butter all over you. Up your sides, front and back, and over your head.**

**Take deep breathes as you glide your hands up over and above your head. Just like steam floats into the air.**