

CHOCOLATE CHIP COOKIE YOGA FLOW



Cookie Ball Pose

Curl into a ball like cookie dough.

Melting Cookie

Slowly stretch out your body as if the cookie is getting warm and gooey.

Chocolate Chip Excitement

Lie on your back and bring your legs and arms up to the sky. Shake your arms and legs fast as if the chocolate is dancing in the oven.

Growing Cookie

Sit on your bottom with your knees bent and feet flat on the floor. Place your hands on the floor behind you, fingers pointing toward your feet. Press into your hands and feet and lift your belly up. Option to take turns lifting one leg at a time.

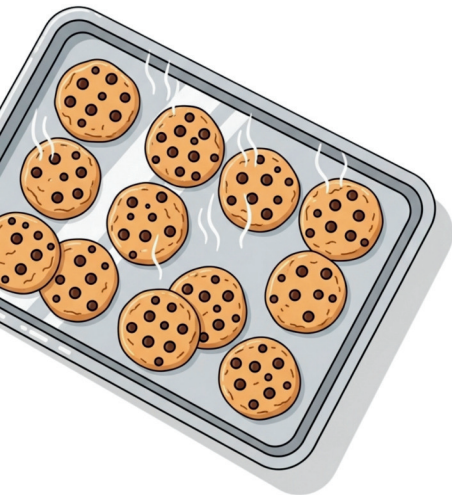
Freshly Baked Cookie

Come to a kneeling position and sit back on your heels. Fold forward and rest your forehead on the floor. Stretch your arms out in front of you like you're picking up a cookie from the cookie sheet.

Warm and Golden Cookie Scent

Hold the imaginary cookie gently in your hands. Bring it up to your nose and take a big, slow breath in. Smell the sweet chocolate chips and the warm, rich scent of cookie dough. Now blow out slowly, as if you're cooling the cookie before taking a bite. Notice the scent and feel your body relax a little more with each breath.

**FEEL THE WORDS IN YOUR HEART, AND SAY THEM
THREE TIMES IN WHATEVER WAY FEELS BEST.
I AM COZY AND CALM.**



TEDDY BEAR YOGA FLOW



Teddy Bear Stretch

Lie on your back like a teddy bear sleeping. You hear, "Good morning, Teddy Bear." Your whole body begins to wake up. Your toes and fingers wiggle. Then your arms and legs stretch in opposite directions, like a cozy teddy bear stretching awake in its warm den.

Teddy Bear Roll

Hug your knees into your chest and wrap your arms around your legs as if you're hugging a teddy bear. Gently rock side to side or back and forth, like a teddy bear rolling on a cloud.



Teddy Bear Squat

Stand with your feet hip-width apart. Slowly lower into a squat while keeping your feet at hip width, then rest your hands in a comfortable position, such as palms together, at your chest, or on the ground. Imagine looking out a window and observing what you see.

Teddy Bear Sees Rain

Slowly straighten your legs and let your head and arms drip down like magic raindrops falling to the ground. Wiggle your fingers and sway your arms like rain.

Teddy Bear Sees Lightning

Stand with your feet together or hip-width apart. Slightly bend your knees as if you're sitting on an imaginary chair. Reach your arms forward and up diagonally, and lift your chest. Breathe out and lower your arms back down, and breathe in to reach your arms forward like a lightning bolt. Repeat the arm movements three to five times.



Teddy Bear Feels Brave

Step one foot forward into a lunge so your front knee is over your ankle. Stretch your back leg long and strong as you lift your heel. Bring your arms up toward the sky or wide. Repeat on the other side.

Teddy Bear Snuggle

Come to a kneeling position and sit back on your heels. Fold forward and rest your forehead on the floor. Stretch your arms out in front of you as if you're reaching for a pillow to rest your head on. Relax and keep breathing slowly.



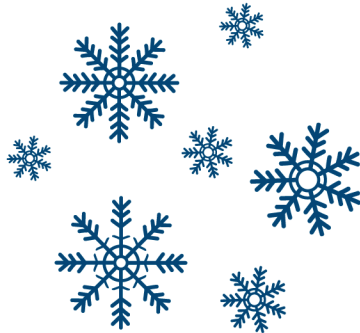
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THREE TIMES IN WHATEVER WAY FEELS BEST.
I AM COZY AND CALM.**

SNOWFLAKE YOGA FLOW



Little Snowflake

Kneel and sit back on your heels. Fold forward and rest your forehead on the floor, like a tiny snowflake about to fall from a big fluffy snow cloud. Take a gentle breath in and imagine the snow slowly waking up as you breathe out.



Snowflake Stretch

Lie down on your back, reach your arms overhead in one direction and your legs in the opposite direction, stretching your entire body into a sparkling snowflake shape. Wiggle your fingertips like shimmering points. Your body begins to sparkle, and you transform into a frosty snowflake.

Floating Snowflake

Stand tall as you slowly sway your arms, shifting your weight from one foot to the other. Just like a snowflake drifting gently through the winter sky, you float side to side.



Snowflake Glide

Stand tall with your feet about 4 feet apart, then turn your front foot forward and your back foot slightly inward. Bend your front knee so it's over your ankle. Stretch your arms out to the sides like majestic, steady crystal branches as you glide through the chilled air.



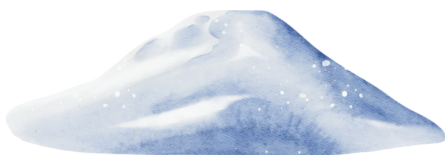
Snowflake Drift

Stand with your feet together or hip-width apart. With relaxed arms, lean forward toward your toes as your snowflake body glides down into the snow-covered ground. Press your hands into the ground and step back with your feet so your body forms an upside-down V, with your hips lifted.



Windy Snowflake

Lie on your back and lift your legs and arms toward the sky. Shake your arms and legs quickly as you imagine a strong gust of wind swirling you around in the air. After a few seconds of shaking, find stillness as you freeze your magic snowflake body.



Resting Snowflake

Find stillness and lie in a comfortable position, perhaps on your back, and imagine the whole world quiet under a blanket of snow as you relax and breathe slowly.

**FEEL THE WORDS IN YOUR HEART, AND SAY THEM
THREE TIMES IN WHATEVER WAY FEELS BEST.
I AM MAGICAL.**

DINOSAUR YOGA FLOW



Dino Egg Shake

Lie on your back and curl into a tiny dino egg. Hug your knees in and round your body. Then slowly lift your arms and legs toward the sky. Start to wiggle and shake as you try to crack out of the egg!

Shake, shake, shake...crack, crack, crack!



Rolling Dino Egg

Hug your knees tightly and wrap your arms around your legs. Curl up like a tiny little dino egg. Now start to wiggle and rock side to side or back and forth. Your baby dino is waking up and nearly ready to pop out!



Hatching Dino Jumps

Come into a squat with your feet hip-width apart. Place your hands wherever feels comfortable—maybe palms together or on the ground. Now start hopping... boing, boing! You're a baby dinosaur trying to break free from your egg!

Dino Stomping

Come onto your hands and knees like a little dino. Tuck your toes and lift your hips up and back. Soften your knees and let your head hang. Now take big stomps with your feet, walking around like a mighty dinosaur!

Dino Tree

Stand tall and stretch your arms up toward the sun. You're a big, hungry dinosaur munching leaves from the tallest tree! Now try lifting one foot and placing it on your leg - balance like a leaf-eating dino. Switch sides and try again.

Keep eating yummy leaves and notice when your dino belly feels nice and full!



Dino Butterfly Rest

Sit up tall like a happy little dino. Bring the soles of your feet together and let your knees fall out to the sides like butterfly wings. Gently flap your knees up and down as you look around at the world. Take a few deep breaths and notice how your dino heart feels.

**FEEL THE WORDS IN YOUR HEART AND SAY THEM
THREE TIMES IN WHATEVER WAY FEELS BEST.
I AM COURAGEOUS AND FUN.**

ACORN YOGA FLOW



Grounded Acorn

Find a comfortable position, whether sitting or lying down. Wrap your arms around your legs and gently tuck your chin. Curl your body like an acorn hidden in the soil. Breathe in and relax. Breathe out and feel the support of the earth. Visualize growing into a strong oak tree with each breath.



Sprout Stretch

Begin on your hands and knees. Gently draw your belly toward the floor as you lift your chest and look forward. Then, round your back toward the sky as you pull your belly in and softly tuck your chin toward your chest. Your acorn begins to wake up and prepare for the growth of a tree.



Growing Tree

Stand tall and reach your arms above your head toward the sun. Feel your roots strong in the ground as you grow into a tree. Try to lift one foot on your inner leg. And now repeat on the other side. Notice your tree swaying gently in the autumn breeze.

Shaking off the Squirrels

Stand in tree pose and imagine squirrels climbing your branches. Slowly shake your arms to send them flying off. Try increasing the speed of the shake and notice how your branches wiggle and shake in the wind, while your trunk remains strong.



Falling Leaves

Stand tall and take a slow, deep breath in. Breathe out and gently fold your body forward. Let your head and arms hang heavy like leaves drifting toward the ground. Try wiggling your fingers on the earth, like leaves softly slipping from your branches.



Resting Tree

Gently lower yourself to the ground. Lie back on your mat and feel the soft earth supporting your body. The ground keeps you secure, steady, and supported. Breathe in and out, just like a rooted, peaceful tree.

**FEEL THE WORDS IN YOUR HEART, AND SAY THEM
THREE TIMES IN WHATEVER WAY FEELS BEST.
I AM STRONG AND SUPPORTED.
I AM COZY AND CALM.**