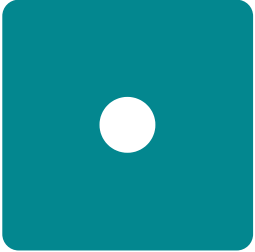


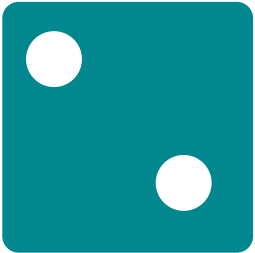
Let's roll

(All you need is a dice)



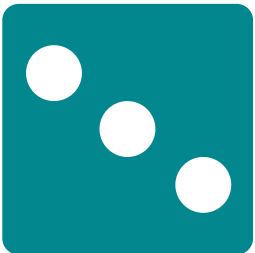
TREE POSE

Bend your knee, and place your left foot on the inside part of your right leg. Relax and straighten the left leg shifting your weight into the foot. Ground it - imagine it being a tree root.



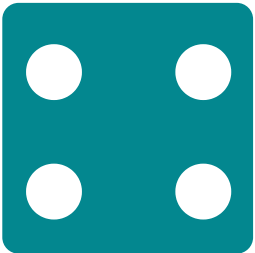
WARRIOR 2 POSE

Step your feet wide apart and stretch your arms out to either side, palms facing down. Turn one foot, so it is pointing to the side, then bend your knee on that leg.



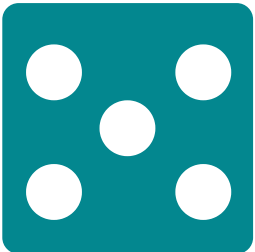
COBRA POSE

Begin by laying on your stomach. Place your hands flat on the floor, under your shoulders. Straighten your arms, to lift your upper body off the floor. Hold this position for a couple of breaths.



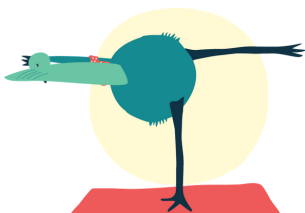
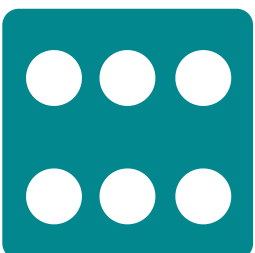
TRIANGLE POSE

Step your feet wider than your hips and raise your arms to the sides, parallel to the floor. Turn your right foot out 90° to the right. Bring your right hand down to rest on the floor or your shin. Reach your left hand up to the sky in line with your shoulders.



DOWNWARD FACING DOG POSE

Begin on your hands and knees. Curl your toes under, straighten your knees, and lift your hips. Keep your head between your arms.



WARRIOR 3 POSE

Start by standing tall in Mountain Pose. Then shift your weight to stand on one leg. On an inhale, slowly bend your torso forward and squeeze your shoulder blades together while extending your arms and the other leg behind you.