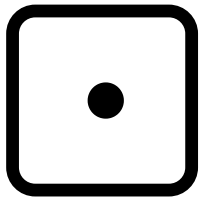


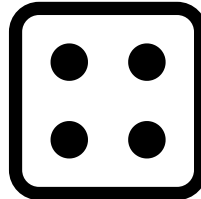


# ROLL A BREAK!

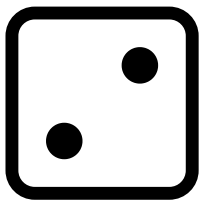
Need a brain break?  
Roll the die and do the activity



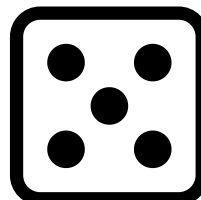
CHILD'S POSE



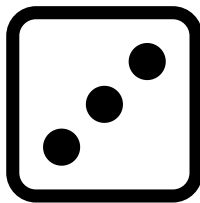
COBRA POSE



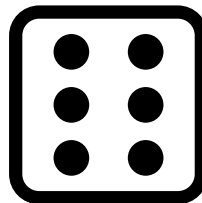
BRIDGE POSE



PLOW POSE



TREE POSE



RESTING POSE

*Try staying in this pose for 5 minutes*

Yoga poses are typically held anywhere from 1-2 breaths.  
You can go at your own pace and according to your own unique abilities.

