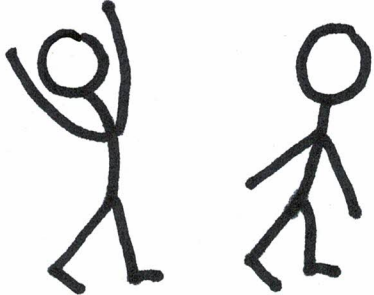
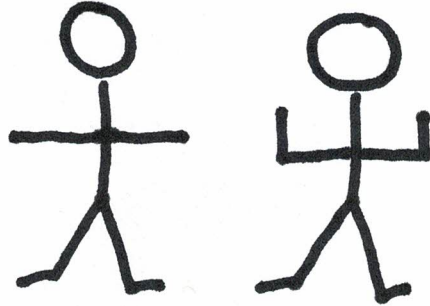
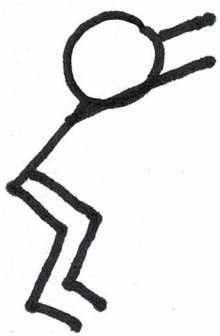


<p>Backbend Breath:</p> <ol style="list-style-type: none"> 1. Inhale arms overhead and slightly bend backwards. 2. Exhale and lower arms by your sides. 	
<p>Strong Arms Breath:</p> <ol style="list-style-type: none"> 1. Inhale arms out to the side at shoulders with palms up. 2. Make a fist and exhale while bending arms so fists are at your shoulders. 	
<p>Chair Pose:</p> <ol style="list-style-type: none"> 1. Raise arms overhead. 2. Bend your knees a little. 3. Squat down and push seat back like you're sitting in a chair. 	

"Mindfulness with Miss Tina 😊"