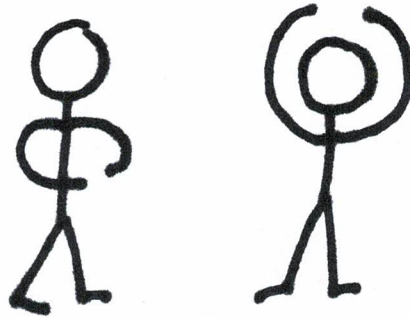


Beach Ball Breath:

1. Hold arms in a circle out in front.
2. Inhale arms overhead.
3. Exhale and push arms down 3 times.



Tree Pose:

1. Stand with feet shoulder width apart.
2. Place palms together at heart center.
3. Rest the sole of the R foot against the inside of the L knee (or ankle).
4. Raise palms overhead and balance.
5. Repeat with other L foot, R knee.



“Mindfulness with Miss Tina 😊”