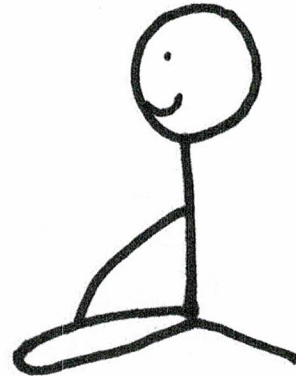
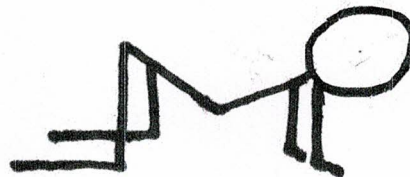
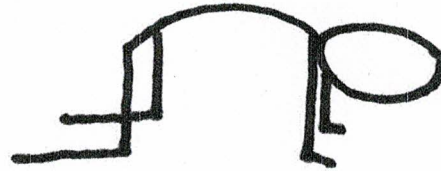


Lion Breath:

1. Kneel on the floor and then sit on feet in Hero pose.
2. Make a small space between knees.
3. Place hands on thighs.
4. Sit up tall and inhale.
5. Push down on hands, stick out tongue, lean forward and exhale on a growly "Hahhhhh".

**Cat & Cow Pose:**

1. Balance on hands and knees with head in line with the floor, looking down.
2. Curl back towards the ceiling while lowering head between arms.
3. Uncurl back and sink it down while raising head to look up at the ceiling.
4. Repeat 3 times.
5. Sit back onto feet with a tall spine, hands on knees in Hero pose.



"Mindfulness with Miss Tina 😊"