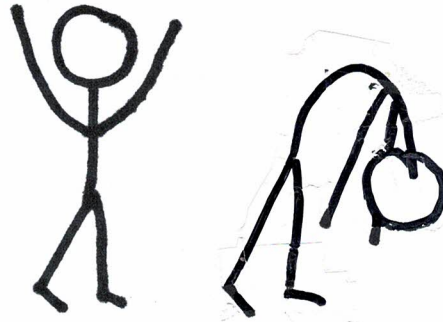


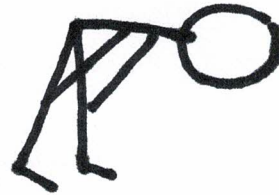
**Ragdoll Breath:**

1. Stand tall with arms by your sides.
2. Inhale and reach arms overhead
3. Exhale and flop over at the waist.
4. Let arms and head dangle loosely.
5. Inhale and slowly curl up to standing.
6. Exhale.



**Gorilla Pose:**

1. Stand tall in Mountain pose.
2. Bend at the waist and place hands on shins.
3. Keep a flat back but raise your head.



“Mindfulness with Miss Tina 😊”