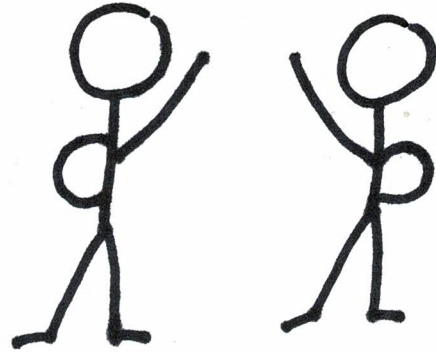


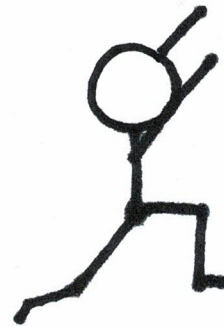
Reach-for-the-Sun:

1. Stand with feet shoulder width apart.
2. Place a fist on your tummy.
3. Inhale and raise the other hand to the sky, fingers spread wide.
4. Grab the air, curl fingers into a fist, and exhale forcefully while bringing this hand to your tummy.
5. Switch hands and repeat 3x.



Warrior #1:

1. Stand with feet shoulder width apart.
2. Step right foot back in a lunge.
3. Raise arms overhead and bend knees slightly. Inhale and exhale deeply.
4. Switch legs and repeat.



“Mindfulness with Miss Tina 😊”