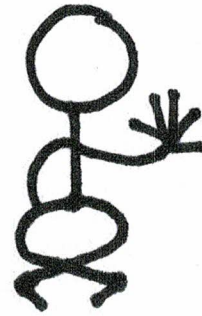


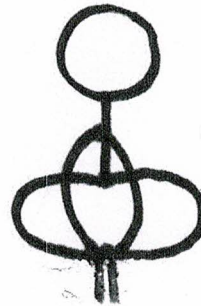
Take 5 Breath:

1. Sit on the floor with legs crossed.
2. Place left hand on left knee.
3. Hold up index finger of right hand. Inhale and exhale.
4. Add middle finger of right hand. Inhale and exhale.
5. Repeat until all 5 fingers have been done.
6. Repeat with left hand.



Butterfly Pose:

1. Sit on the floor with soles of feet pressed together.
2. Hold on to ankles and raise knees up and down like "wings".



Staff Pose:

1. Sit on the floor with legs stretched out in front.
2. Legs should be touching; feet should be touching with toes pointed up.
3. Raise arms overhead alongside ears, with palms facing towards each other.
4. Look straight ahead and inhale/exhale.
5. Repeat breath looking to the sky.

