

STAR

(UTTHITA TADASANA)

Standing, give yourself a big hug, then *BAM*—fling your arms wide and jump your feet apart. You're a star sending light to the universe.





CRESCENT MOON

(ASHTA CHANDRASANA)

Stand with your feet touching
and arms up.

As you breathe out, bend into
a shining crescent moon.

Bend to your other side, then
return to Mountain.

TREE

(VRKSANANA)

Gazing at a spot ahead of you,
bring one foot to the opposite leg
(not on the knee).

Raise your arms skyward like
branches, breathing as you wobble.

Switch feet.

Tree Pose reminds us to embrace
flexibility and not be too stiff.

