

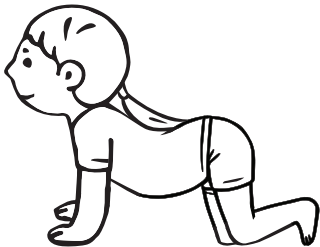
Tree pose

- Stand tall with feet together.
- Lift one foot and place it on the opposite leg (either ankle or knee).
- Bring hands together in a prayer position or raise them like branches.
- Balance and breathe deeply.



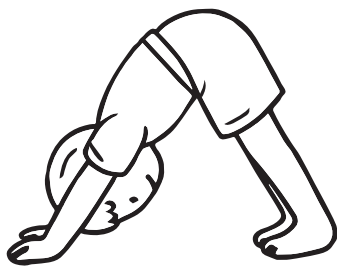
Butterfly pose

- Sit on the floor with the soles of your feet touching.
- Hold your feet and gently flap your knees like butterfly wings.
- Keep your back straight and take slow breaths.



Cat-cow stretch

- Start on all fours (hands and knees).
- Arch your back up like a scared cat (cat pose).
- Drop your belly and look up like a happy cow (cow pose).
- Repeat slowly.



Downward dog

- Start on all fours, tuck toes under, and lift hips towards the sky.
- Keep legs straight or slightly bent, forming an upside-down "V" shape.
- Let your head relax and breathe deeply.

Child's pose



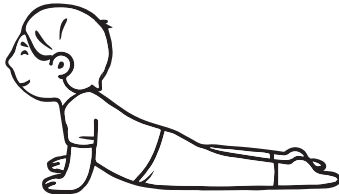
- Kneel on the floor, sit back on your heels.
- Stretch arms forward and rest your forehead on the ground.
- Relax and breathe in this resting pose.

Warrior 2 pose



- Stand tall, step one foot forward into a lunge position.
- Stretch arms out wide, one pointing forward and the other backward.
- Keep knees bent and look straight ahead like a strong warrior.

Cobra pose



- Lie on your stomach with hands under your shoulders.
- Push up gently, lifting your chest while keeping your elbows slightly bent.
- Look forward and imagine being a strong cobra.

Star pose



- Stand with feet wide apart.
- Stretch arms out wide like a big star.
- Take deep breaths while standing strong.



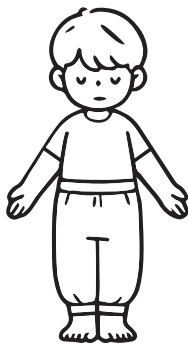
Happy baby pose

- Lie on your back.
- Hold onto your feet and rock gently from side to side.
- Smile and relax like a happy baby.



Triangle pose

- Stand with feet wide apart, front foot pointing forward.
- Stretch arms out, then reach one hand toward your foot and reach the other arm toward the sky.
- Keep chest open, gaze up.



Mountain pose

- Stand tall with feet together.
- Keep arms relaxed, palms facing forward.
- Breathe deeply, feeling steady.



Chair pose

- Stand with feet together, arms raised.
- Bend knees, lower hips as if sitting.
- Keep back straight, hold, then stand.