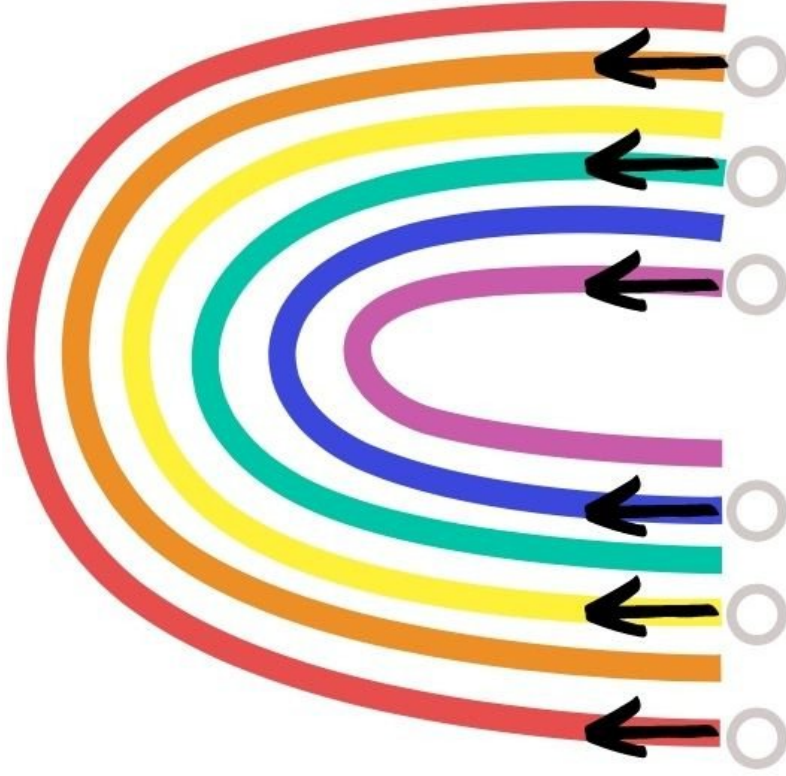


# Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.

## BEGINNER YOGA



**Hero Pose**  
VIRASANA



**Cat-Cow Pose Flow**  
BITILASANA MARJARYASANA



**Downward-Facing  
Dog Pose**  
ADHO MUKHA SVANASANA



**Child's Pose**  
BALASANA



**Resting Pose**  
SAVASANA