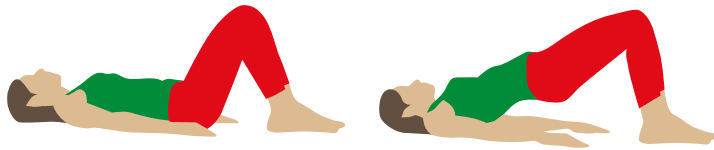


Christmas Family Workouts

Exercise 1
Christmas Child Pose!
Hold for 10 deep breaths.



Exercise 2
Tidings Pelvic Tilt Pose!
Hold for 10 deep breaths.



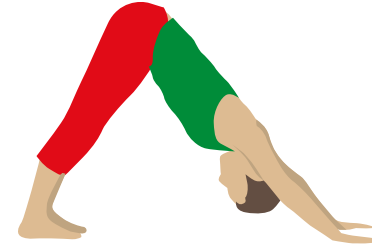
Exercise 3
Caroling Cat Pose!
Hold for 10 deep breaths.



Yo-Ho-Ho Yoga

15 minute yoga workout to help de-stress after the Christmas rush and help you limber up for the new year

Exercise 4
December Downward Dog Pose!
Hold for 10 deep breaths.



Exercise 5
Tinsel Tree Pose!
Hold for 10 deep breaths.



Exercise 6
Wrapping Paper Warrior Pose!
Hold for 5 deep breaths each leg.

