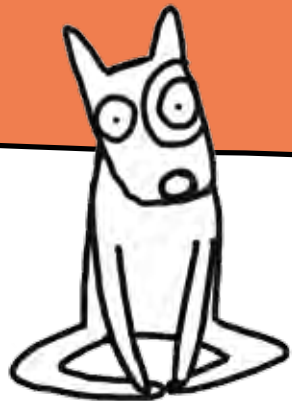


YOGA POSE

Try these poses before bedtime or when you want to feel calm.



BUTTERFLY POSE

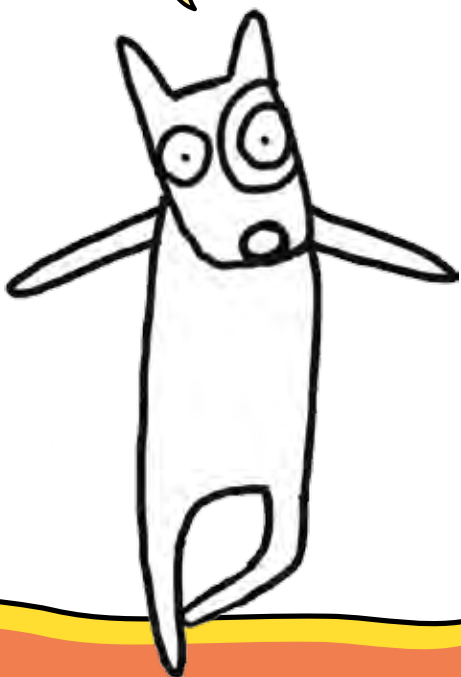
Sit on the ground, press your feet together, and roll your shoulders back.

SAY "I AM SAFE"

TREE POSE

Rest your foot on your ankle or above your knee and balance. Then change to your other leg.

SAY "I AM BALANCED"



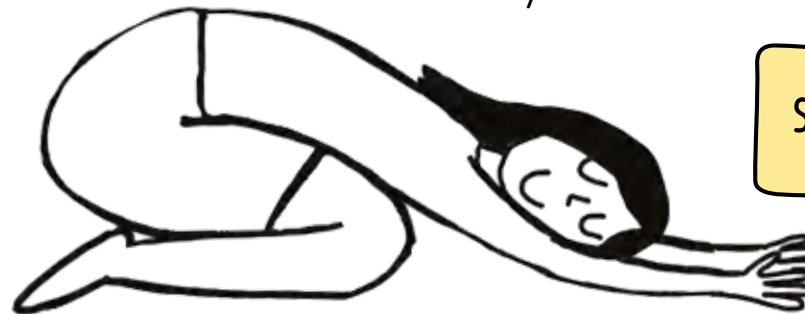
LADYBIRD POSE

Bend your knees, roll your shoulders back, and press your hands together.

SAY "I AM HAPPY"

CHILD'S POSE

Bend your legs, fold your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.

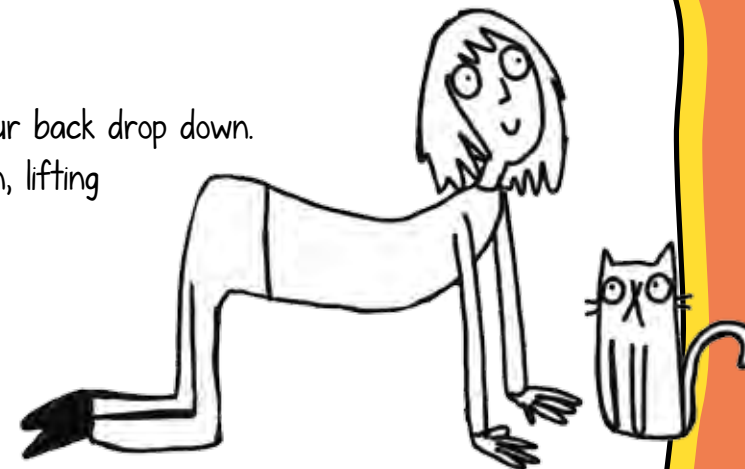


SAY "I AM AT REST"

CAT POSE

Breathe in and look up, letting your back drop down. Breathe out and tuck in your chin, lifting your back in a high arch.

SAY "I AM AT EASE"



SLEEP POSE

Lie on your back and take slow breaths. Close your eyes if you want. Try to empty yourself of thoughts. If your mind wanders away, notice where it goes, then bring your attention back to your breathing.

SAY "I AM AT HOME"

