



## 1. SUNNY – EXTENDED MOUNTAIN POSE

Stand tall in Mountain Pose, inhale, look up, take your arms straight up to the sky, and say hello to the **sun**. You can then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths and imagine soaking up rays of sunshine.



## 2. WINDY– TREE POSE

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the **wind**. Switch sides and repeat the steps.



### 3. LIGHTNING – CHAIR POSE

Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands up in front of you with straight arms, pretending to be a **lightning bolt**.



### 4. RAIN – STANDING FORWARD BEND

From Mountain Pose, bend your upper body, keep a straight spine, and reach for your toes. Pretend your arms are falling **raindrops**.



## 5. SNOW – CHILD'S POSE

Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a **snowflake** falling from the sky. Take a few deep breaths.



## 6. CLOUDY – EASY POSE

Sit cross-legged and rest your palms on your knees. Close your eyes, if you are comfortable doing so. Imagine being a **cloud** floating across the sky. Take a few deep breaths and relax your body.