

ready to experience the power of yoga? try these three calming and confidence-boosting poses:

## star pose

life is distracting. a friend is upset with you, you turned your homework in late, and you forgot to feed the fish again. there is always something that pulls us out of our center. yoga is a practice that brings us back. the star pose encourages joy and lightness of spirit. open, then ground your feet with a slight rotation of the thighs inward. lift the crown of your head and your chest upward, and turn your fingertips outward.



## warrior I

warrior i pose shouts i am powerful! your entire body and mind feel strong in this pose. ground one foot behind you. reach your fingertips to the sky and position your knee over your ankle.



## tree pose

the tree pose promotes balance and centering. stand up straight and start to shift your weight to one foot. firmly ground your foot and shift the weight of your pelvis downward. draw your other foot up and anchor it on your inner thigh. if you lose your balance, feel free to reach out for a wall with one hand.

