

Peace Tree

Sit comfortably on your yoga mat.

Close your eyes and imagine that you are walking into a beautiful garden.

The garden is filled with sunshine.

In the middle of the garden you see a tree.

It is the "Peace Tree" where we drop off any worries before arriving at today's Yoga Adventure.

As you breathe in slowly through your nose, reach your arms up to the tree branches (pause)

Slowly blow out peace as you bring your arms down (pause) and Relax.

Reach up & breathe in peace.... Blow out peace, arms down Relax.

Reach up & breathe in peace.... Blow out peace, arms down.... Relax.

Slowly open you eyes for today's Yoga Adventure.

Peace Tree

