















<p>ant</p>  <p>Warrior I & II Poses</p>	<p>fox</p>  <p>Gyan mudra @ nose + Cat Pose</p>
<p>mushroom</p>  <p>Extended Child's Pose</p>	<p>clouds</p>  <p>Blowing cotton balls</p>
<p>rain</p>  <p>Rainstick + tickles / pats</p>	<p>sun</p>  <p>Sun breath & stretch</p>
<p>butterfly</p>  <p>Butterfly</p>	<p>rainbow</p>  <p>Standing Side Stretch</p>
<p>mouse</p>  <p>Child's Pose</p>	<p>tree</p>  <p>Tree Pose</p>
<p>sparrow</p>  <p>Bird - arms stretched</p>	<p>flower</p>  <p>Flower Pose</p>
<p>rabbit</p>  <p>Bunny Breaths</p>	<p>grow bigger</p>  <p>Grow * squat * mountain * standing star</p>