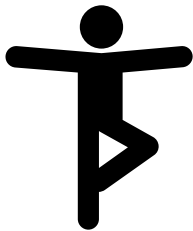


Yoga at home with Nurture Nashville Yoga

Gather: something for making a yoga spot; •a blanket •a towel or •a yoga mat

Cut out pose cards: use these cards for following along with the yoga lesson

Tree



Yoga Pose

Downward
Facing Dog



Yoga Pose

Upward
Facing Dog



Yoga Pose

Flower



Yoga Pose

Butterfly



Yoga Pose

Plank



Yoga Pose

Chaturanga



Yoga Pose

Warrior Two



Yoga Pose

Namaste Song

My little light
shines to your little light,
your little light,
your little light
My little light
shines to your little light.
Na-ma-ste!