

Yoga Card

free version!

PRINT DIRECTIONS:

- Print out the yoga card, front to back (short edge binding printer setting), on card stock.
 - Front of Card: The front will have the yoga pose on the bottom.
 - Back of Card: The back will have basic directions for the pose.
- Cut the card out, and laminate for durability.

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**TREE POSE:
YOGA VISUAL & INSTRUCTIONAL**



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TREE POSE

tree Pose

1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.