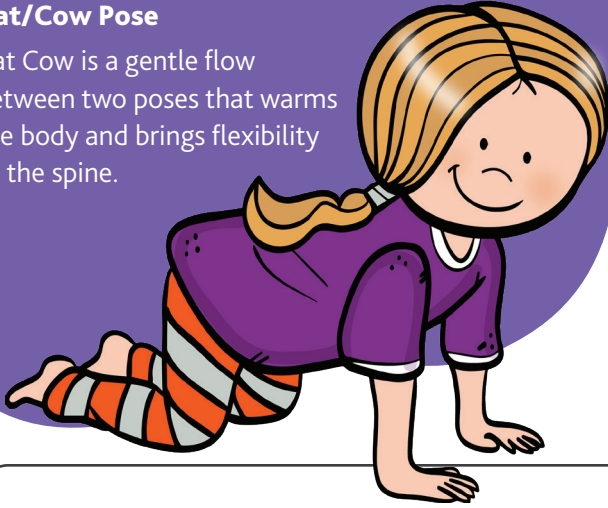


### Cat/Cow Pose

Cat Cow is a gentle flow between two poses that warms the body and brings flexibility to the spine.



Imagine a time when you felt really happy. When you felt loved, full of energy, joy, but also peaceful. What does your happy place look like? What does it feel like?

If you had to draw the feelings, what would they look like? In moments of stress look at your drawing to help your body feel great again.

## MY SAFE, HAPPY PLACE

**Upward Facing Dog Pose**

Improves your posture and strengthens your spine, wrists, and arms!



Describe how your safe and happy place makes you feel, and why:

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