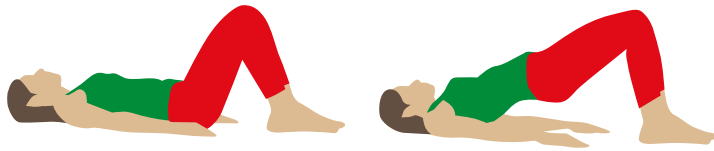


# Christmas Family Workouts

**Exercise 1**  
**Christmas Child Pose!**  
Hold for 10 deep breaths.



**Exercise 2**  
**Tidings Pelvic Tilt Pose!**  
Hold for 10 deep breaths.



**Exercise 3**  
**Caroling Cat Pose!**  
Hold for 10 deep breaths.



## Yo-Ho-Ho Yoga

15 minute yoga workout to help de-stress after the Christmas rush and help you limber up for the new year

**Exercise 4**  
**December Downward Dog Pose!**  
Hold for 10 deep breaths.



**Exercise 5**  
**Tinsel Tree Pose!**  
Hold for 10 deep breaths.



**Exercise 6**  
**Wrapping Paper Warrior Pose!**  
Hold for 5 deep breaths each leg.

