Mindful Yoga

Brought to you by the characters of *Stillwater*

When we are mindful, we pay attention to our body, our breath, and our feelings.
Yoga can help us be mindful. Try moving your body like this. How does it make you feel?

mountain pose

tree pose

cat pose

bow pose

These poses might be hard at first. That's OK.
Yoga and mindfulness take practice!

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