

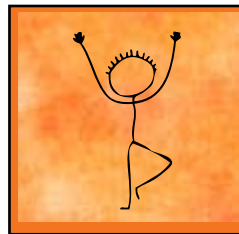


See the leaves upon my tree
One leg up, hey look at me

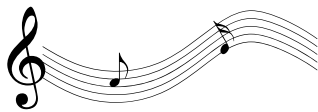


tree pose: plant one leg firmly on ground; place other foot on standing leg, below or above the knee; spread arms out like branches.

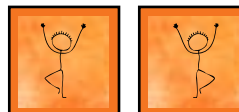
Brown and red and orange and green
The other leg up, I'm an autumn tree



repeat on other side



I see a squirrel, the squirrel sees me
He wants to climb upon my tree



practice tree pose on both sides

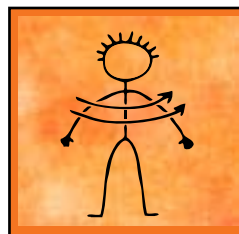
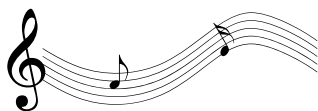


crouch like a squirrel in a high squat with hands near your chin

Climbing, climbing, fast and free
The squirrel climbs to the top of my tree



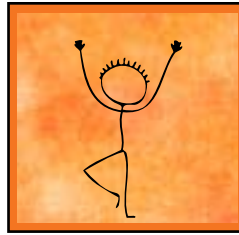
move up to tip toes and alternately reach up with arms to "climb" the tree



with legs apart and knees slightly bent, gently alternate twisting to right and left, swinging arms in the "wind" as you twist

AUTUMN TREE

See the leaves upon my tree
One leg up, hey look at me

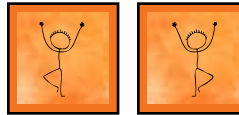


repeat tree pose on one side

Brown and red and orange and green
The other leg up, I'm an autumn tree



repeat on other side



practice tree pose on both sides