See the snow that’s on my tree
One leg up, hey look at me

See the snow that’s on my tree
The other leg up, I’m a snowy tree

I see a bird, the bird sees me
He wants to rest upon my tree

Flying, flying closer to me
The little bird sits upon my tree

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

repeat on other side

practice tree pose on both sides

bird pose: plant one leg firmly on ground, place other leg straight behind you, flap your “wings”; lift leg for more challenge

practice “bird pose” on other side

practice “bird pose” on both sides
SNOWY TREE

See the snow that’s on my tree
One leg up hey look at me

See the snow that’s on my tree
The other leg up, I’m a snowy tree

repeat tree pose on one side
repeat on other side
practice tree pose on both sides