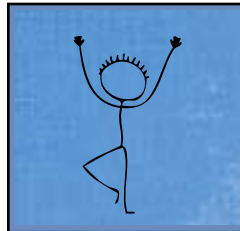


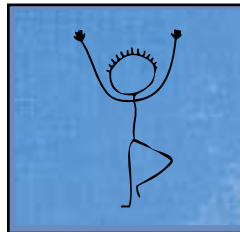


See the snow that's on my tree
One leg up, hey look at me



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

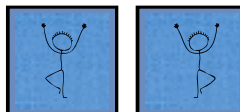
See the snow that's on my tree
The other leg up, I'm a snowy tree



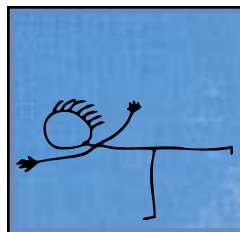
repeat on other side



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

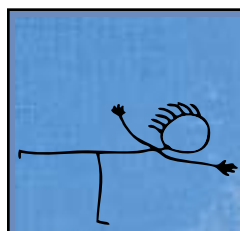


practice tree pose on both sides

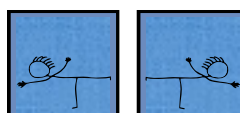
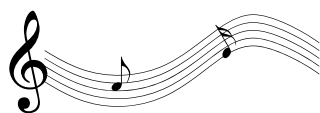


bird pose: plant one leg firmly on ground, place other leg straight behind you, flap your "wings"; lift leg for more challenge

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



practice "bird pose" on other side

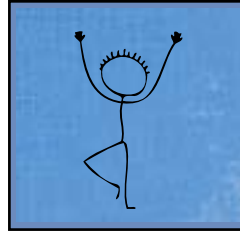


practice "bird pose" on both sides



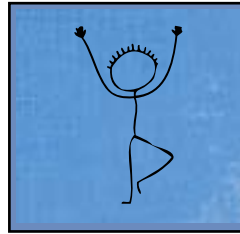
SNOWY TREE

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

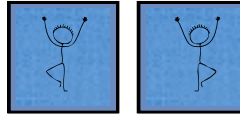


repeat tree pose on one side

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



repeat on other side



practice tree pose on both sides