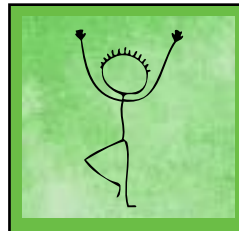


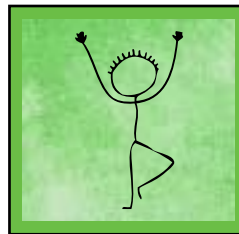


See the flowers on my tree
one leg up, hey look at me

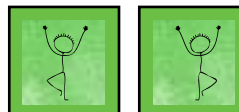


tree pose: plant one leg firmly on ground; place other foot on standing leg, below or above the knee; spread arms out like branches.

See the flowers on my tree
The other leg up, I'm a springtime tree

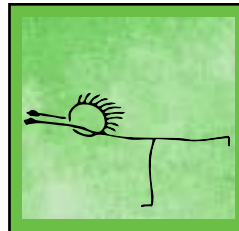


repeat on other side



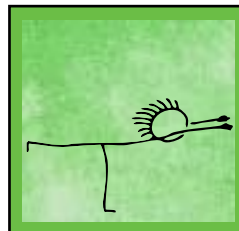
practice tree pose on both sides

I see a bee, the bee sees me
He wants to land upon my tree

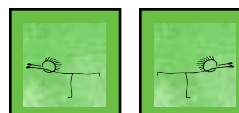
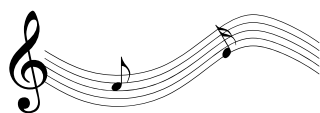


bee pose: plant one leg firmly on ground, place other leg straight behind you, straighten arms in front of you and point index fingers, lift leg if you can

Buzzing, buzzing merrily
He tastes the flowers on my tree



repeat "bee pose" on other side

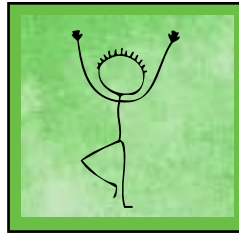


practice "bee pose" on both sides



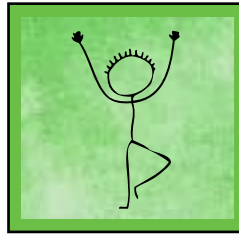
SPRINGTIME TREE

See the flowers on my tree
One leg up, hey look at me

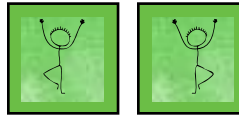
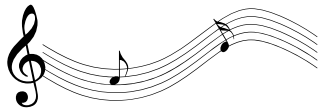


repeat tree pose on one side

See the flowers on my tree
The other leg up, I'm a springtime tree



repeat on other side



practice tree pose on both sides