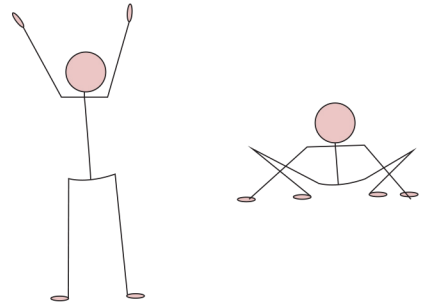


### Intention

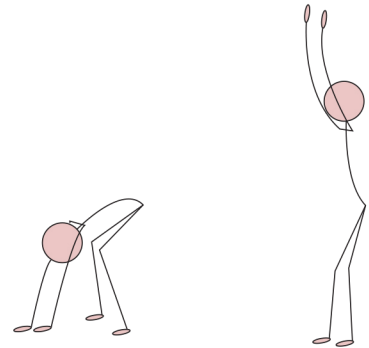
Think of how on your birthday you make a wish and blow out a candle. Just like that, think of a dream you have and blow that dream into a rock that you can plant in the earth like a seed. You can keep your dream a secret or share it, whatever you think is best.

### Warm Up

Reach up to the sky and take a deep breath.  
Reach down to the earth and take a deep breath.  
Reach up and down 5 times as high and low as you can.



Inhale and swing both arms up to the sky.  
Exhale, bend your knees and swing both arms down towards the earth.  
Inhale your arms up and exhale your arms down ten times.



### Yoga Poses

Do each pose for 5 breaths.

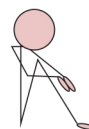
#### Earth Pose

Lay down and feel the earth supporting you.  
Take 5 breaths.



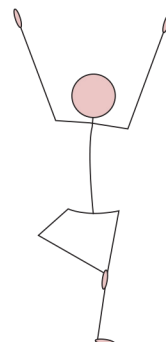
#### Seed Pose

Get as small and compact as you can, like a seed.  
Take 5 breaths.



#### Tree Pose

Balance on one foot, with your feet like roots in the earth.  
Make your body stable like a tree trunk.  
Stretch arms to the sky like branches.  
Balance on each leg for 5 breaths each.

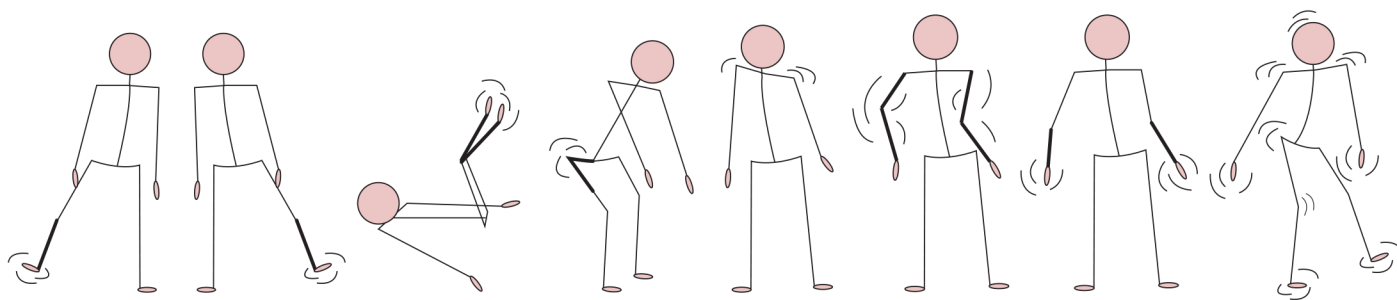


## Shaking

Shake each part of your body for 10 seconds each.

Right leg, left leg, lay down and shake both legs in the air.

Stand up and wag your tail like a happy puppy, shake shoulders, arms, hands and then whole body.



## Freedance

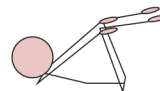
Think of the dream you blew into the rock coming true as you dance and have as much fun as you can!

## Sharing

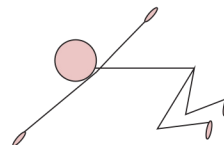
Tell someone a time when you had a dream and it came true.

## Stretching

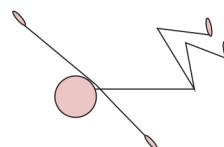
Give yourself a big hug and bring your knees into your chest. Hold for 5 breaths.



Stretch your arms out on the floor like a T and bring your knees to the right. Hold for 5 breaths.



Stretch your arms out on the floor like a T and bring your knees to the left. Hold for 5 breaths.



## Rest

Rest in stillness for 2 minutes or more

Great job!