



12 Poses of Christmas Special

Don't forget to do each pose on both sides

	<p>1st Pose of Christmas – a partridge in a pear tree (vrksasana)</p>	<p>2nd Pose of Christmas -cows a mooing (gomukhasana)</p>	
<p>3rd Pose of Christmas – 3 Wise Warriors (Virabhadrasana I, II, III) – remember to do each side</p>			
<p>I</p>		<p>II</p>	<p>III</p>
<p>4th Pose of Christmas – 4 Candy Canes</p>			<p>5th Pose of Christmas - 5 down dogs (Adho Mukha Svanasana) – go up and down 5 times</p>
<p>6th Pose of Christmas – 6 standing poses. Do 1 side and then repeat on the other side</p>			
<p>Tadasana</p>	<p>Uttanasana</p>	<p>Trikonasana</p>	<p>Parsvokanasana</p>
<p>Parsvottansana</p>	<p>Parivrtta Trikonasana</p>		
<p>7th Pose of Christmas -7 Christmas trees – go up and down 7 times ;-)</p>		<p>8th Pose of Christmas – 8 reindeer running do 8 on each side</p>	
<p>9th Pose of Christmas – 9 ladies dancing (Natarajasana). Hold each side for 9 breaths</p>		<p>10th Pose of Christmas - 10 Lords a leaping Do 10 on each side!</p>	
<p>11th Pose of Christmas – 11 flowing bridges Flow up and down 11 times</p>			<p>12th Pose of Christmas - 12 breaths for sitting. Take 12 long inhalations and exhalations.</p>