

# THANKSGIVING YOGA



**I am grateful for the birds.**  
**WARRIOR 3 POSE**



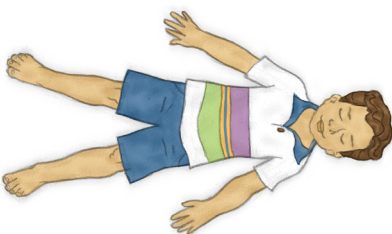
**I am grateful for the trees.**  
**TREE POSE**



**I am grateful for the rain.**  
**STANDING FORWARD BEND**



**I am grateful for the flowers.**  
**FLOWER POSE**



**I am grateful for the stars.**  
**RESTING POSE**