

# HEALTH AND WELLNESS

Month Of **November** 🍁 🍂

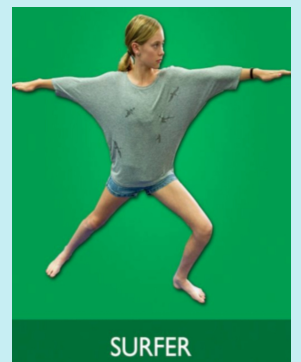
## On The Mat-Breathing, Stretching, Relaxing

This month we are practicing **standing poses** to help create strength and stability in our bodies. We are also adding in arm variations to help open the chest and the shoulders.

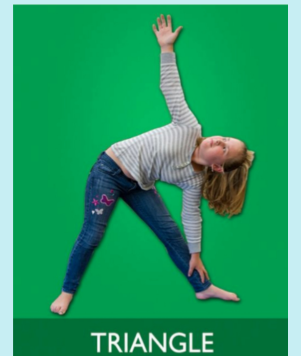
**DID YOU KNOW?**



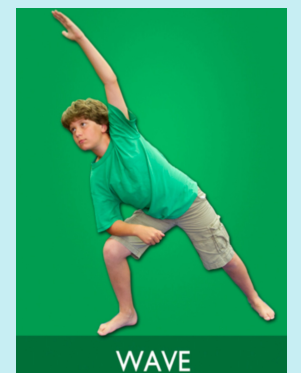
Warrior 1 with Eagle Arms



SURFER



TRIANGLE



WAVE

STANDING POSES  
STRETCH THE HIPS,  
CHEST AND  
SHOULDERS.

STANDING POSES  
STRENGTHEN THE  
LEGS, KNEES, AND  
ANKLES.

STANDING POSES  
INCREASE STAMINA,  
RELIEVE STRESS,  
AND IMPROVE  
DIGESTION.

## Through My Actions: Our world ready trait this month is Appreciation.

*A feeling of thanks or gratitude.*

"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well." -Voltaire



"How can I show value for myself and those around me?"

A feeling of thanks or gratitude for someone or something.

I am grateful for a happy and healthy life.

APPRECIATION