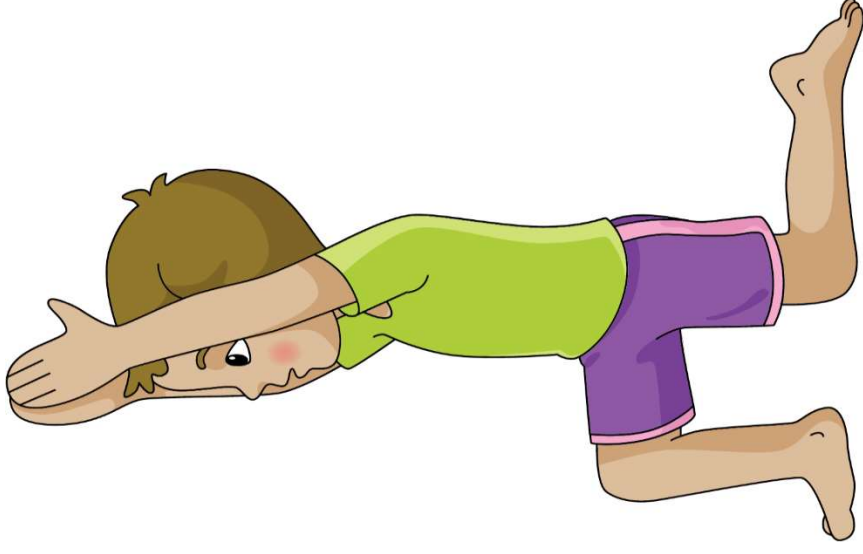


Stretchy Turkey Pose



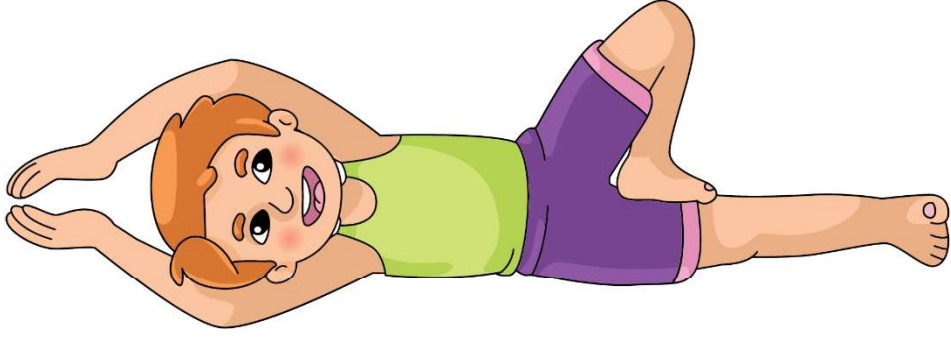
Stand. Go down on one knee. Raise both of your hands. Breathe.

Twisty Turkey Pose



**Stand with your feet apart to make a triangle.
Spread your arms out to your sides. Lean to
the left and touch your left ankle/calf. Look up.
Repeat on the other side.**

Turkey Balancing Pose



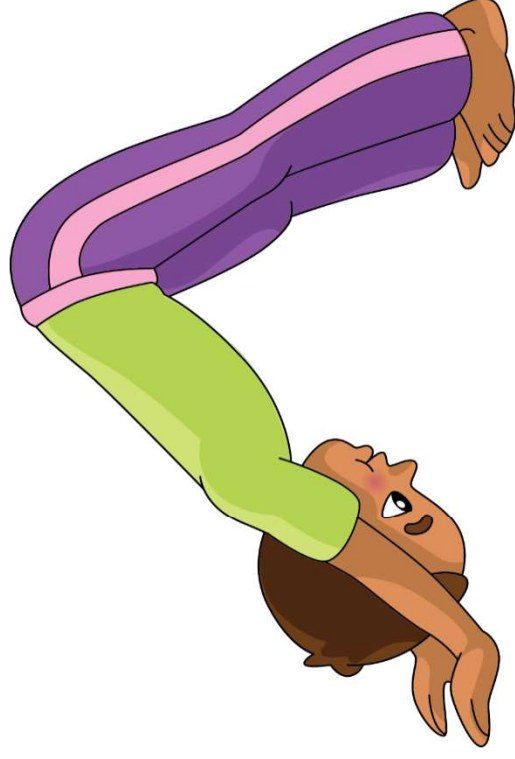
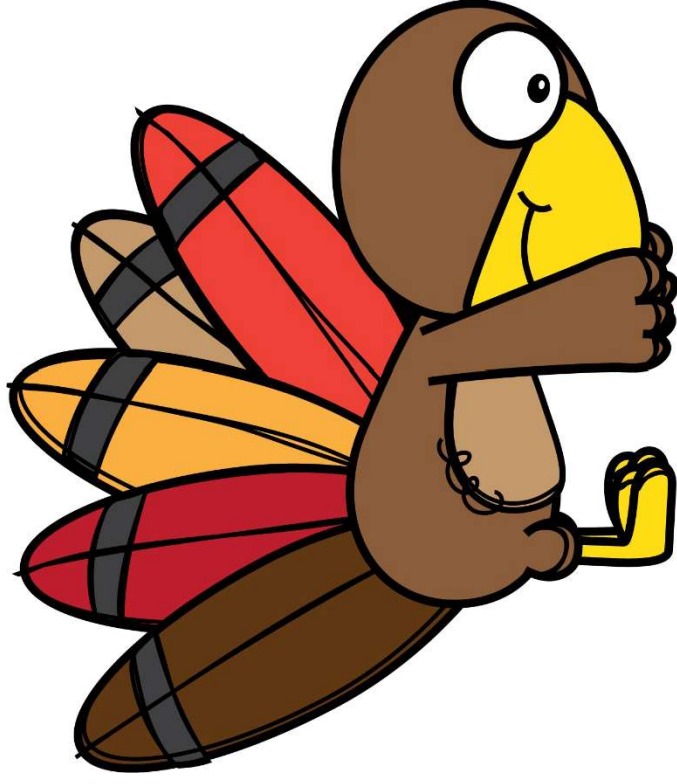
Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance.

Turkey Bridge Pose



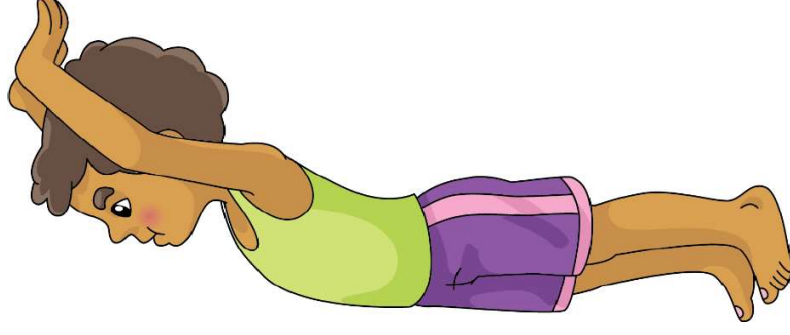
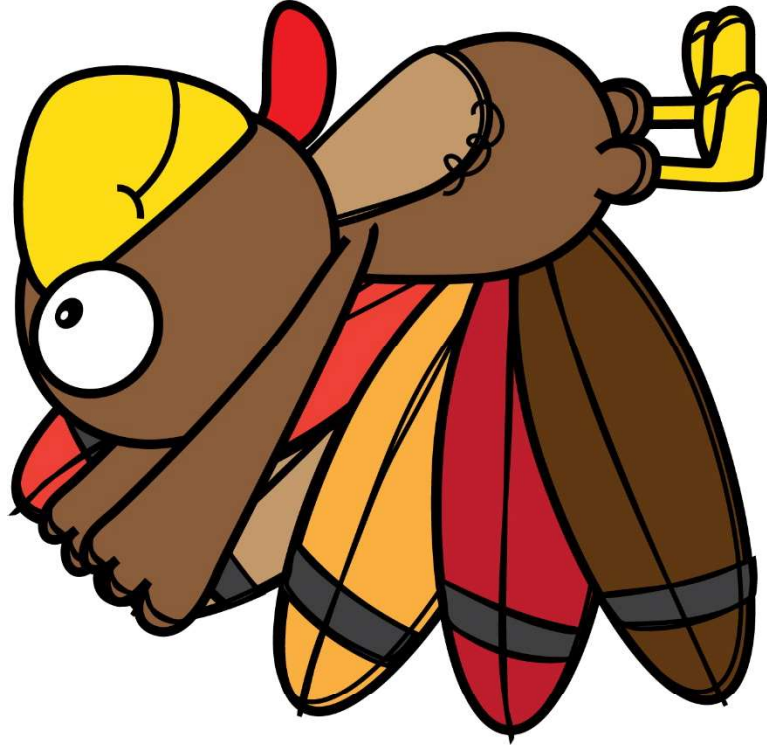
Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your bottom and back to create a bridge.

Downward Turkey Pose



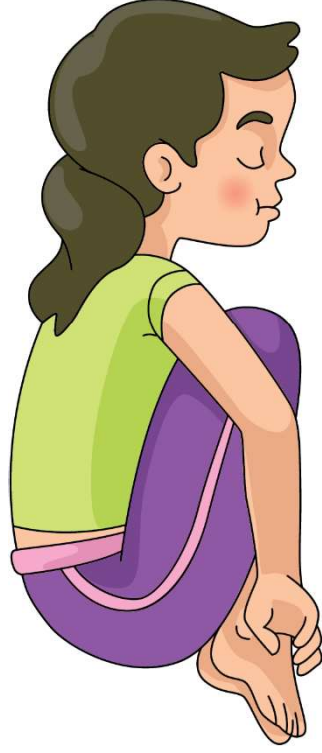
From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your bottom high in the air. Straighten your legs, relax your head and neck, and look down between your legs.

Tall Turkey Pose



Stand tall look up and reach your arms up to the sky.

Calm Turkey Pose



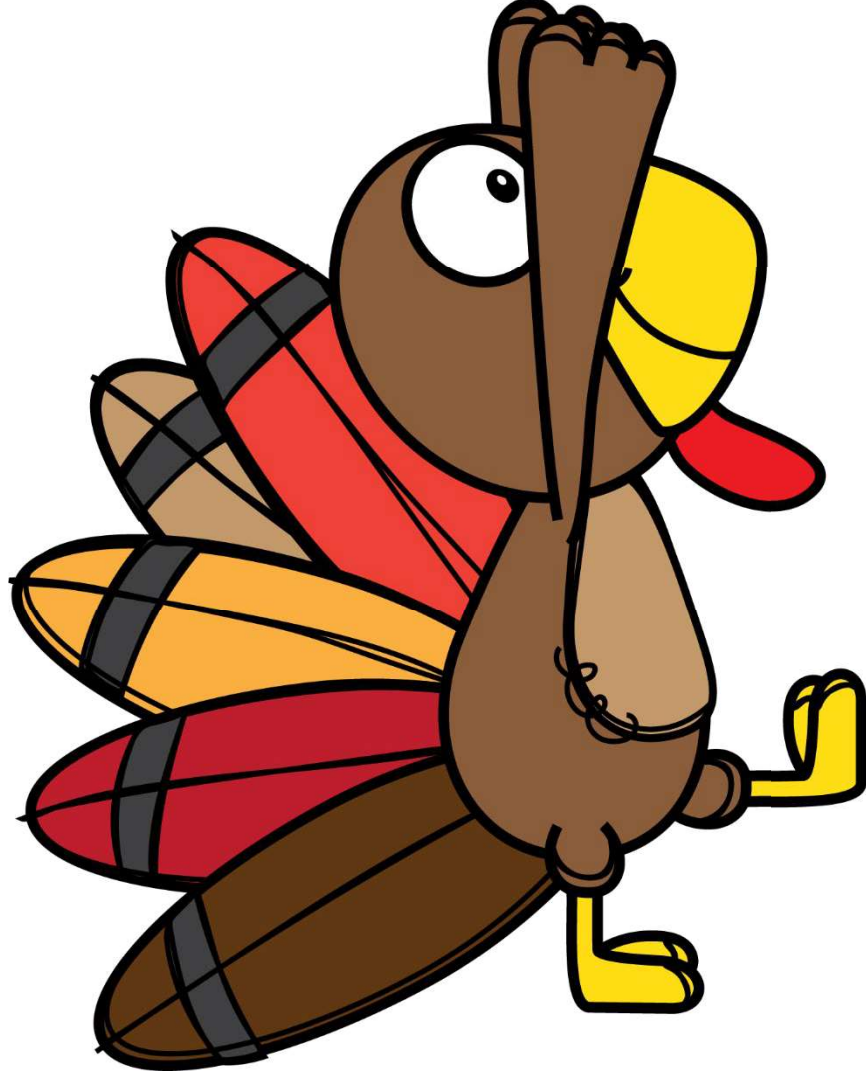
Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down and take a few deep breaths.

Turkey Leg Pose



Stand hold both arms out the side. Lift one leg up.
Balance and breathe.

Turkey Superman Pose



Stand on one leg. Lift the other leg, very slowly lean forward and balance.

Grateful Turkey Pose



Stand, Go down on one knee. Raise both of your hands. Look up. Breathe.