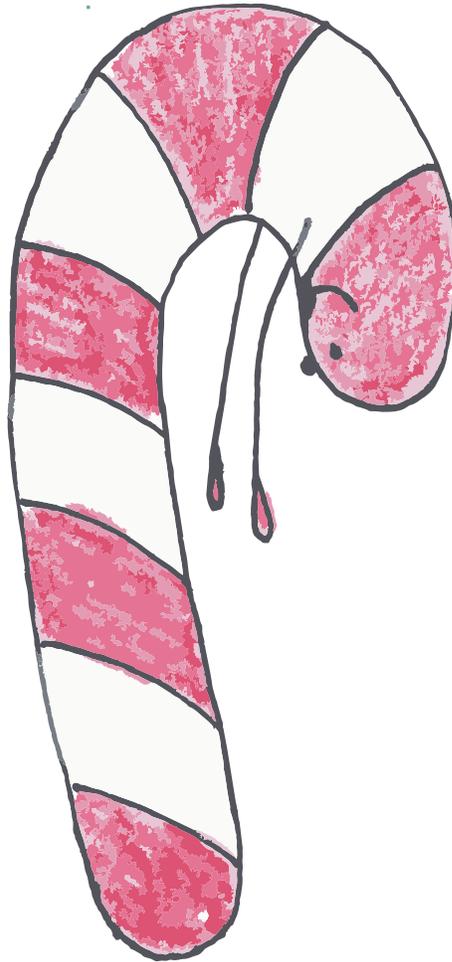


Candy Cane Pose



Start out standing tall with arms stretched out over your head.

Breath out and slowly lower your arms to the floor in a relaxed position. Hold this position for 3 seconds.

Breath deeply and try to lower your arms closer to the ground. Keep your body loose.

Slowly roll your body back up to a standing position.