



# **SOUTH MOUNTAIN YMCA CAMPS**

## **Camping From Home**

### **Mini Yoga Session**

## **YOGA MINI SESSION: FOR THE START OF THE DAY**

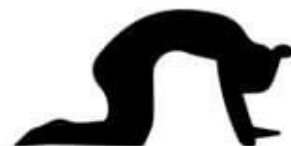
A quick morning yoga session is a great way to start your day off positively!  
Try the beginner mini session below!



**5 Minute Meditation**



**20 Second Child's Pose**



**20 Second Cat Pose**



**20 Second Cow Pose**



**20 Second High Plank**



**20 Second Down Dog**



**20 Second  
Three-Legged Dog**



**20 Second High Lunge**



**20 Second Warrior Two**