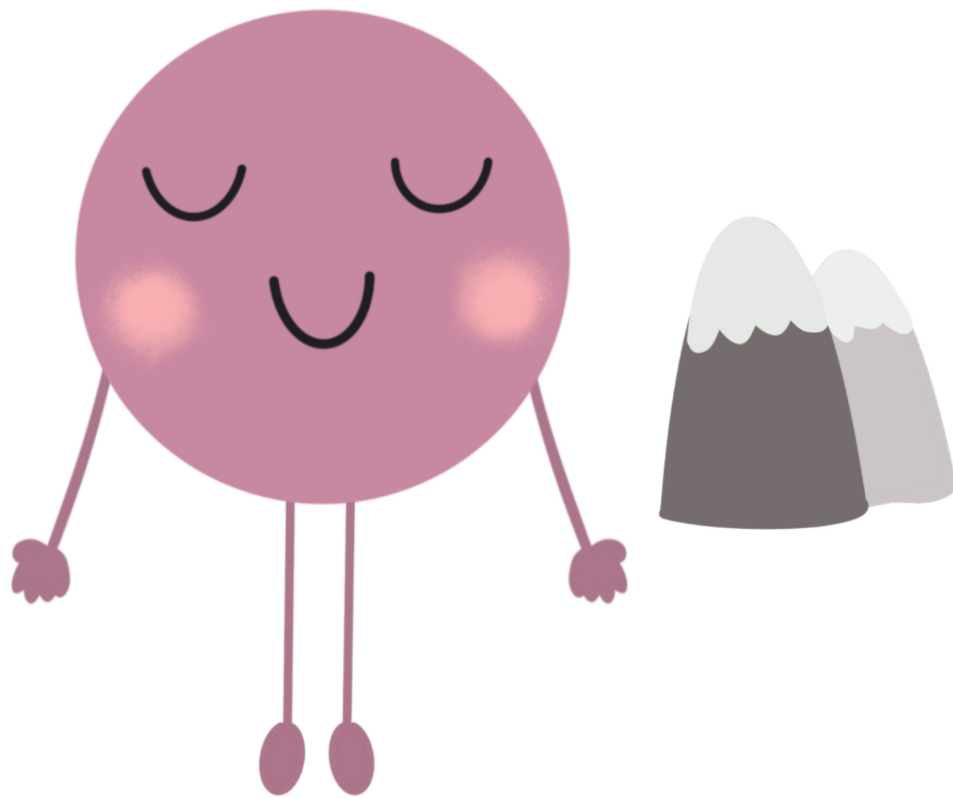
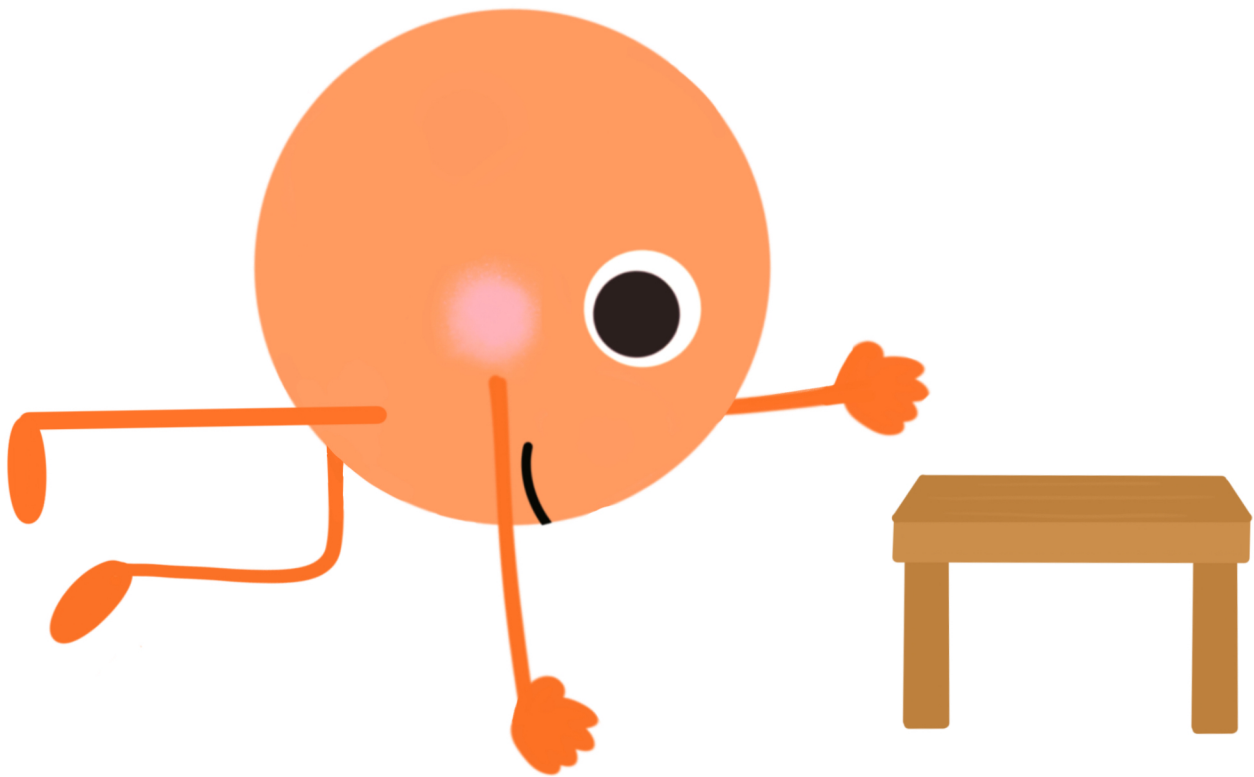


Monday



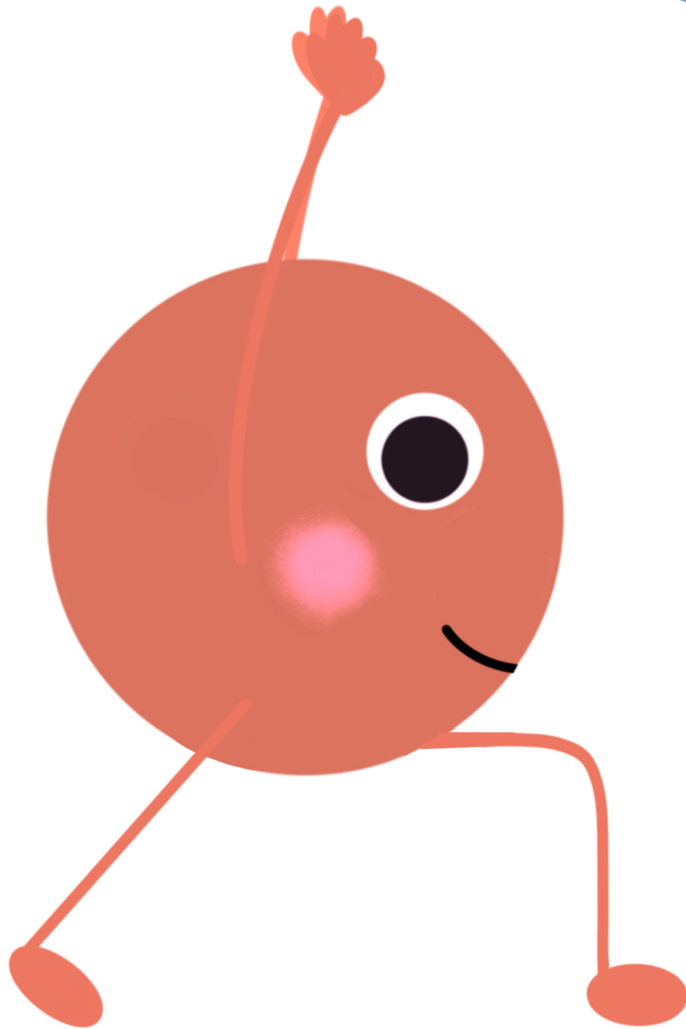
**Monday mountain
I stand tall
Ready for today
I give my all**

Tuesday



**Tuesday table
On the ground
Finding balance
All around**

Wednesday



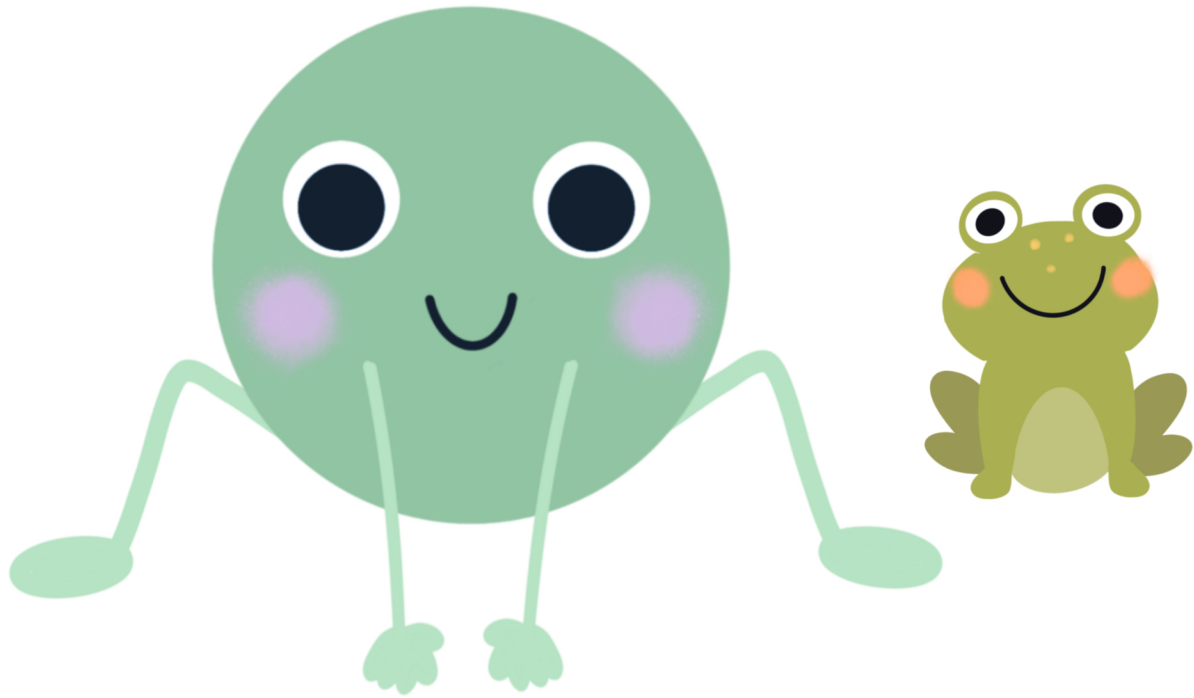
**Wednesday warrior
Strong and steady
Greeting a new day
I am ready**

Thursday



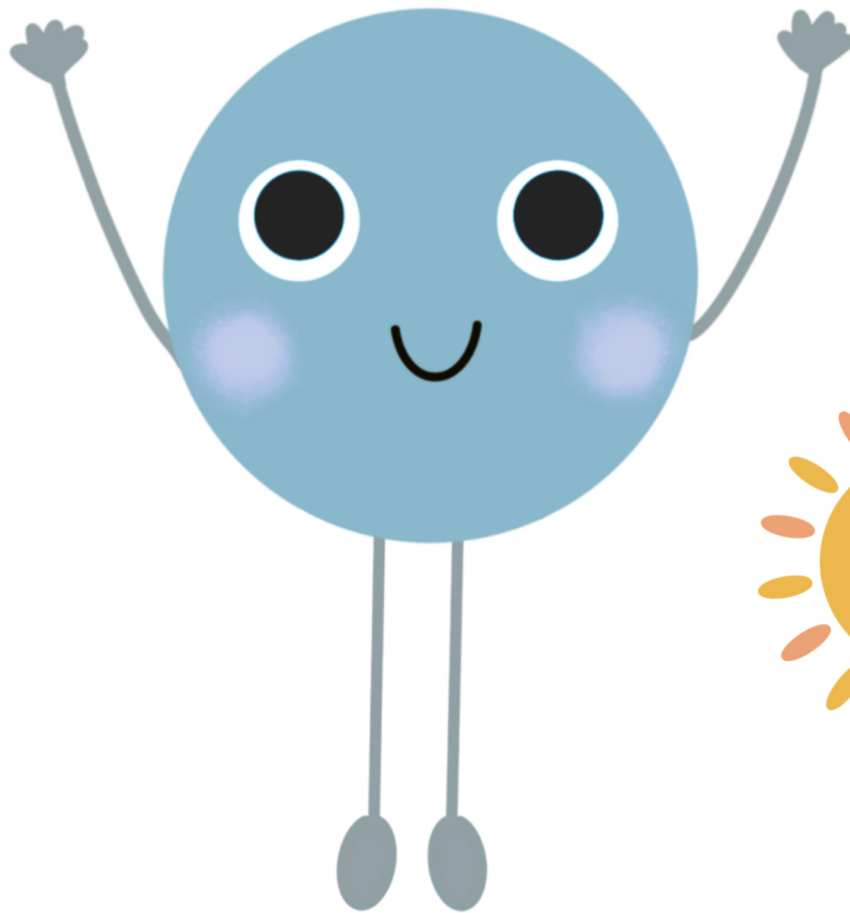
**Thursday tree pose
Thankful tree
Thanks to everyone
Who helps me**

Friday



**Friday frog pose
Oh what fun!
I share kindness with
Everyone**

Saturday



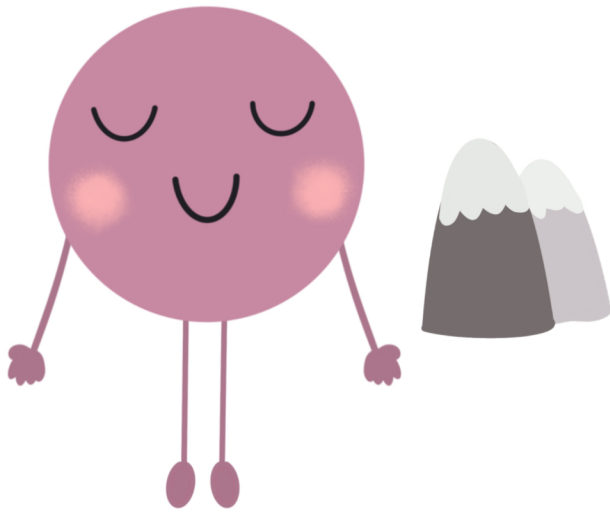
**Saturday salutation
Stretch up high
Just like the sunshine
I shine bright**

Sunday



**Sunday sail
On my boat
Peaceful and calm
I gently float**

Monday



mountain pose

Tuesday

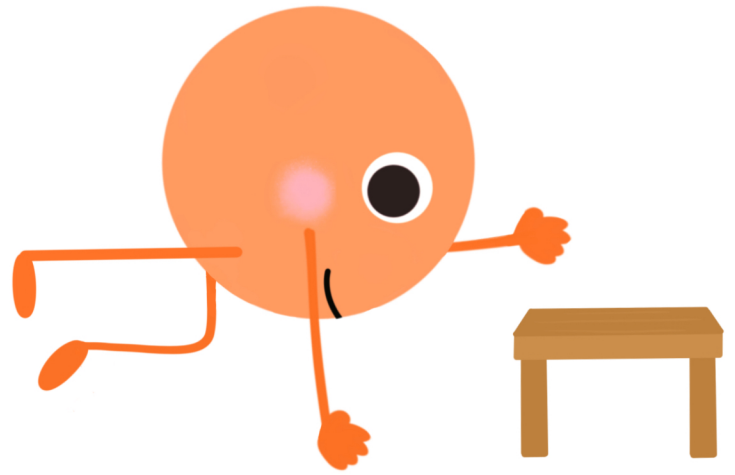
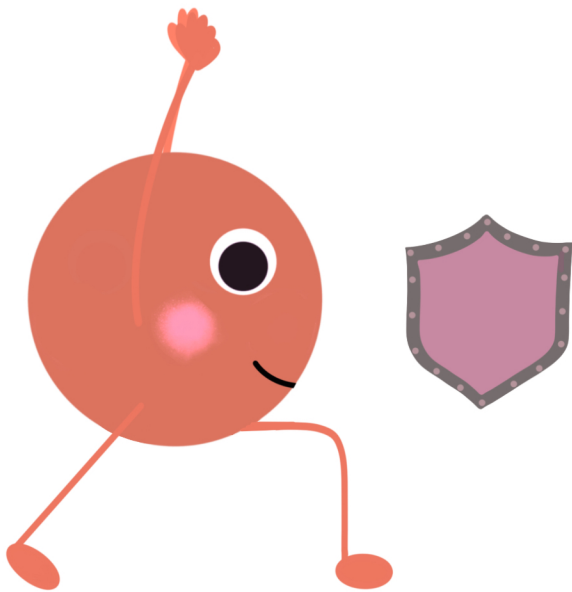


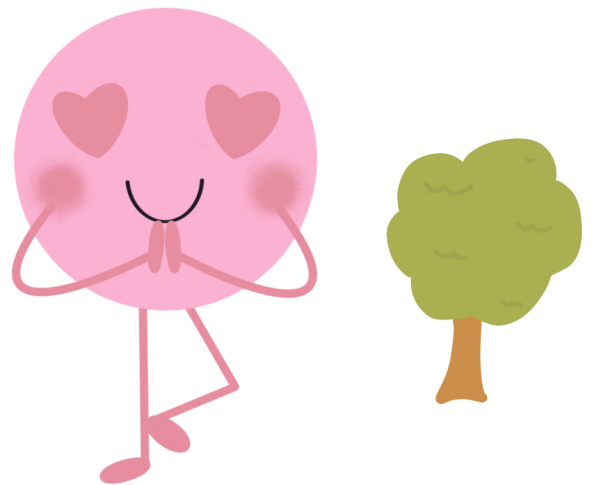
table top

Wednesday



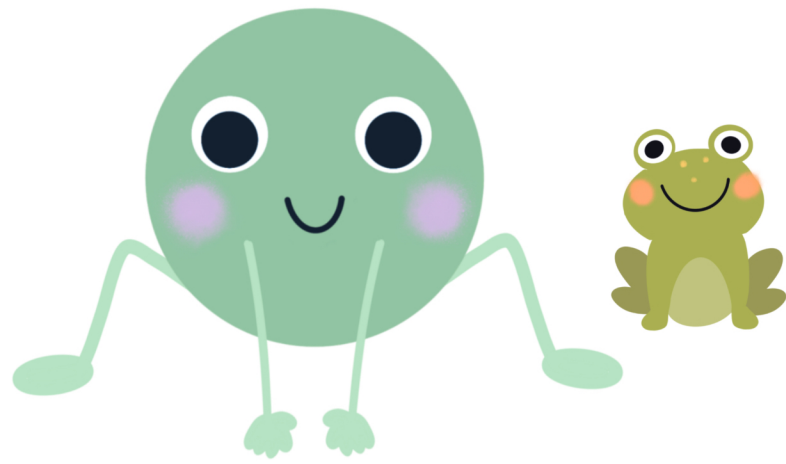
warrior

Thursday



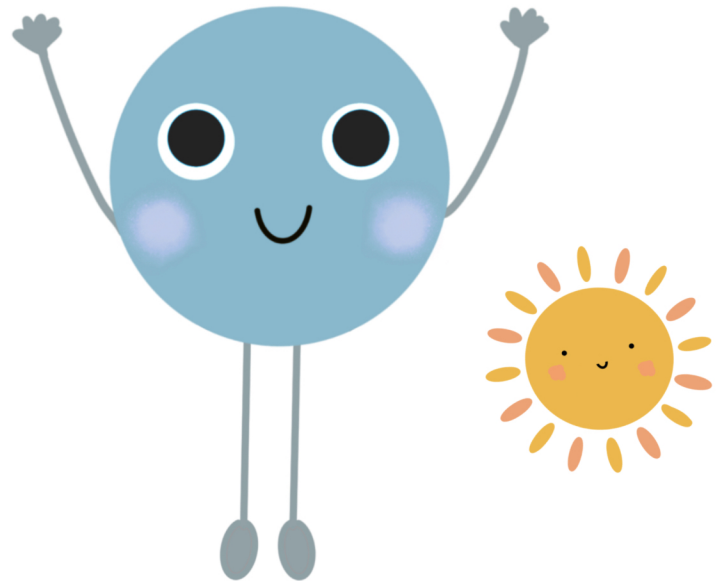
tree pose

Friday



frog pose

Saturday



sun salutation

Sunday



(sail)boat pose



**7 days
of the
week**

