

This Space is Awesome: a physical practice of yoga

Start your day

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TOPIC (S)	Wellness, Movement
SUMMARY	This morning, we will take time to notice how our bodies show up, and we'll prepare for the magnificent day ahead. We are stronger and more awesome than we know! This active yoga practice will build on that. Dress for comfortable movement.
GOALS:	a physical practice of yoga
AUDIENCE:	anyone
TIMING:	30 minutes
APPENDICES:	none
MATERIALS NEEDED:	
SET-UP DETAILS:	