



Lucky 7's Workout

- 7 Jumping Jacks
- 7 Squats
- 7 Push Ups
- 7 Sit Ups
- 7 Lunges
- 7 Arm Circles
- 7 Burpees

Let's
Get
Moving!

ST PATRICK'S DAY YOGA



I am Saint Patrick.
MOUNTAIN POSE



I am dancing the jig.
TREE POSE



I am a leprechaun.
HORSE STANCE



I am a shamrock.
FLOWER POSE



I am a pot of gold.
HAPPY BABY POSE