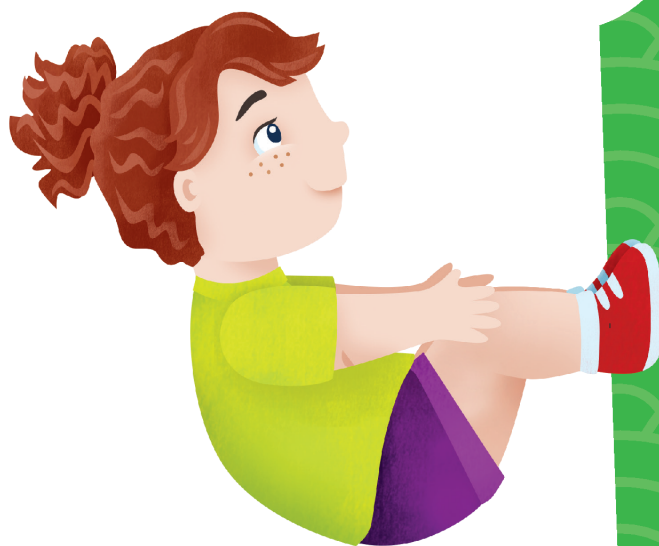


SONG

Row Your Boat

*Row, row, row your boat,
gently down the stream.
Merrily, merrily, merrily, merrily—
Life is but a dream!*



POSE

Boat

- 1 Sit with knees bent and feet flat on the floor, arms are straight out in front.
- 2 Take a slow breath in and lift one foot off the ground.
- 3 Breathe out, but keep our leg up, foot in the air!
- 4 Take another slow breath in and lift the other foot too.
- 5 Breathe out, slow and easy, keeping both feet up off the ground, arms still straight out in front of us.
- 6 Our bodies are floating like boats!