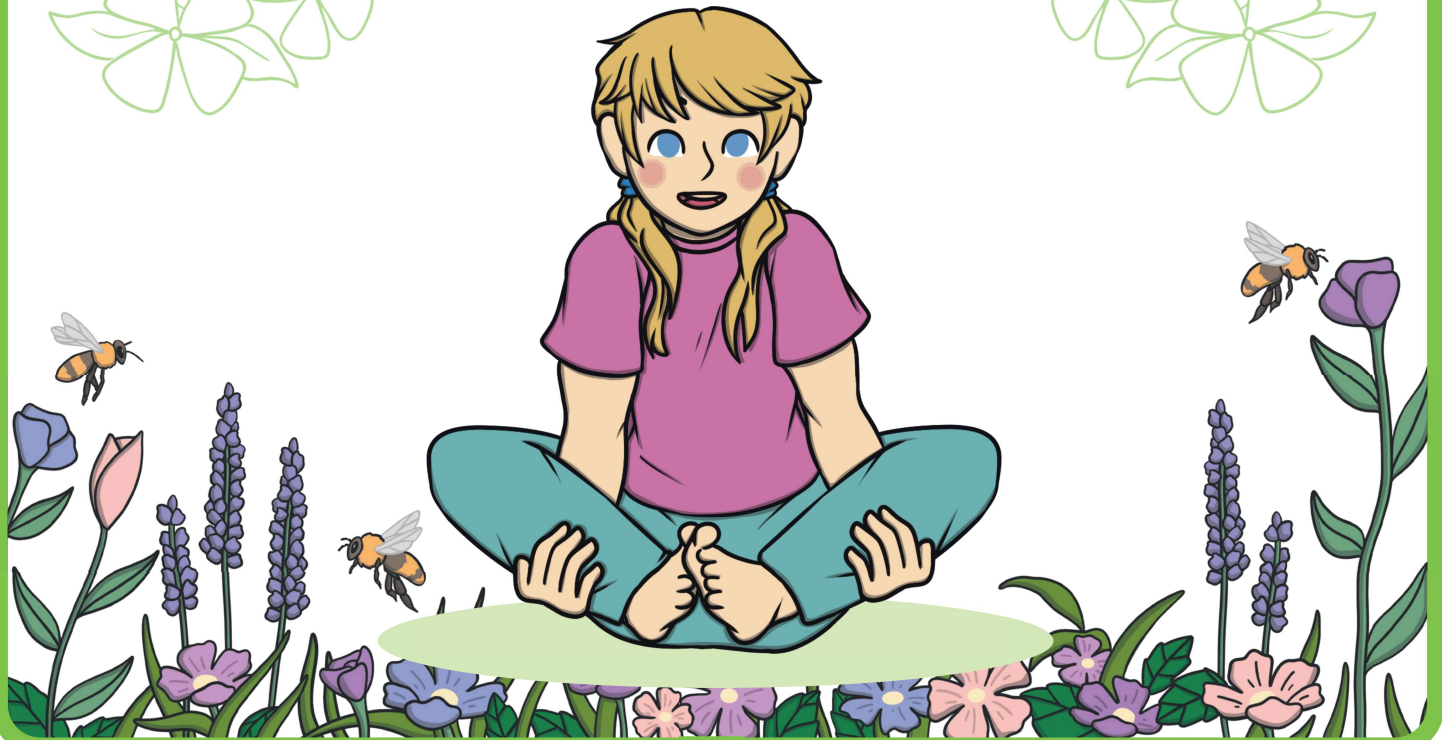


Can you be a flower?

This is called the **flower pose**.



Can you be a tree?

This is a type of **tree pose**.



Can you be a flower in a bud?

This is called the **lotus pose**.



Can you be a shoot ready to pop out of the ground?

This is called the **squat pose**.



Can you be a seed?

This is called **child's pose**.



Can you be a bendy hosepipe?

This is called the **sphinx pose**.



Can you be a watering can, tipping up to pour water?

This is called **downward dog pose**.



Can you be a flower reaching towards the sun?

This is a type of **crescent moon pose**.



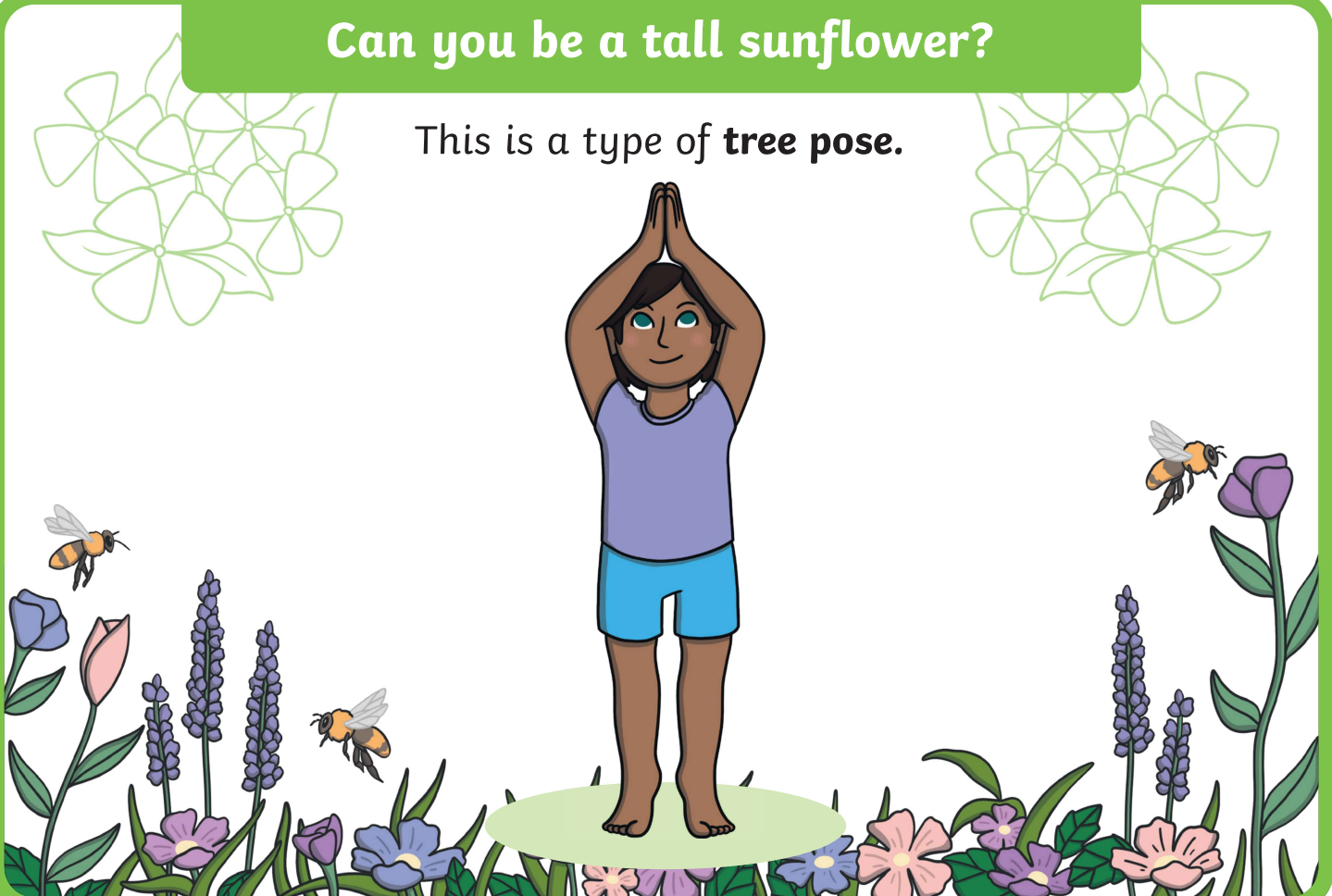
Can you be a seedling stretching up out of the ground?

This is the **king cobra pose**.



Can you be a tall sunflower?

This is a type of **tree pose**.



Can you be a seedling growing with roots in the ground?

This is the **tripod twist pose**.



Can you be a tree with strong roots?

This is a type of **warrior pose**.

