

Core Balance Card

Tree Pose

**Hold pose until a partner comes
and mirrors your position.**



Core Balance Card

Downward-Facing Dog

**Hold pose until a partner comes
and mirrors your position.**



Core Balance Card

Warrior

**Hold pose until a partner comes
and mirrors your position.**



Core Balance Card

Forward Bend

**Hold pose until a partner comes
and mirrors your position.**



Core Balance Card

Star Pose

**Hold pose until a partner comes
and mirrors your position.**



Core Balance Card

Plank Position

**Hold Pose until a partner comes
and mirrors your position.**

