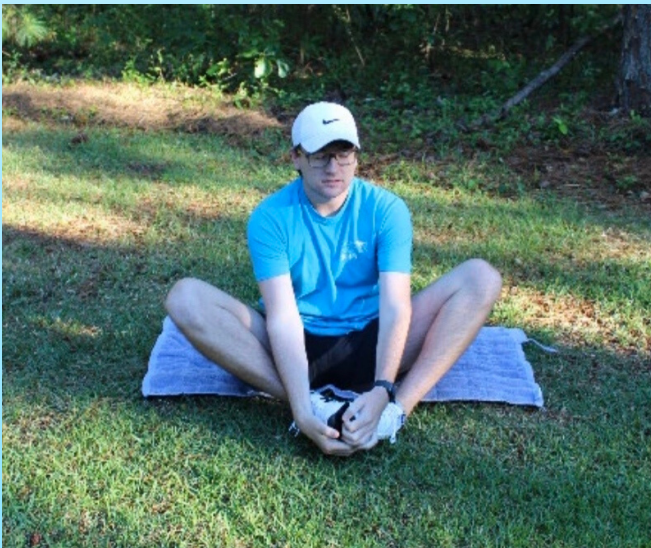




CBG 'n Me

-Yoga-



YOGA WITH MILLS!



Hey! My name is Mills and here is today's yoga lesson. Today we are going stretch out our muscles and sing some of my favorite camp songs while we do it. Find a spot with lots of room and get ready to sing just like you are in the dining hall!

POSE #1 – BURNT GIN BUTTERFLY!



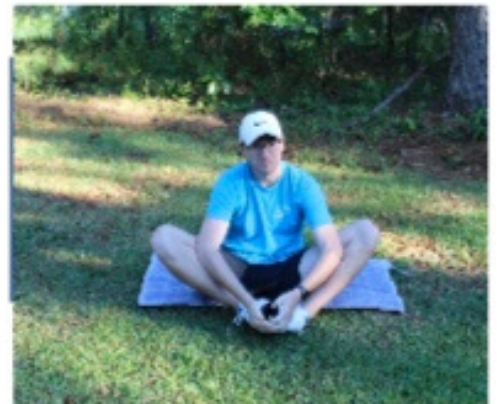
STEP 1:

Sit down all the way with your legs straight out on the ground.



STEP 2:

Put your feet towards your body and put your feet together. Grab your feet with your hands.



STEP 3:

Put your elbows on your knees and push down as far as you can. Sing the welcome song while doing this stretch!

POSE #2 – THE COUNSELOR!



STEP 1:

Sit down all the way with your legs straight out on the ground.



STEP 2:

Bring one of your legs to your body and leave the other stretched out.



STEP 3:

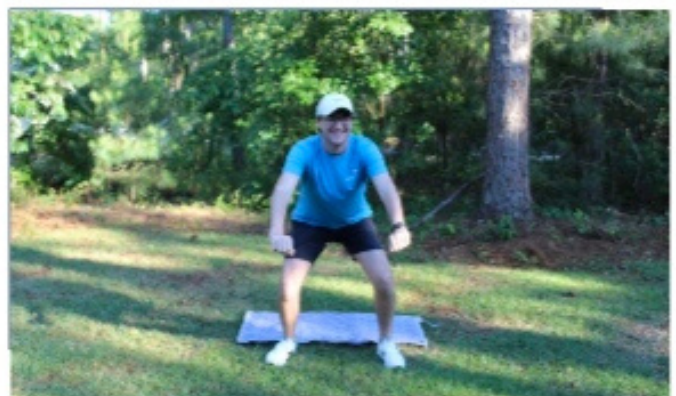
Reach down and touch your toes. Do this for both legs. Sing the funky chicken with this pose!

POSE #3 – THE LIFEGUARD!



STEP 1:

Stand up straight with your feet spread apart.



STEP 2:

Bend down low and stretch your arms out. Hold this position and sing baby shark!

POSE #4 – THE LAKE RAMP LUNGE!



STEP 1:

Stand up straight with your feet spread apart.



STEP 2:

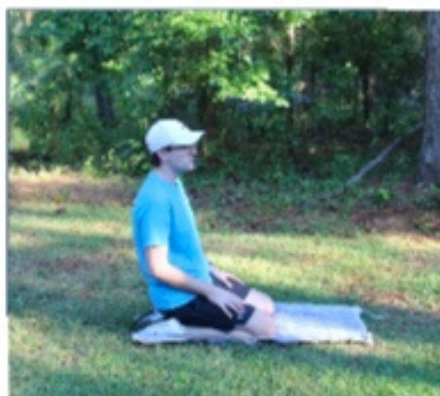
Bend your knee and get low towards the ground. Try to keep your knee above the ground. This time you should sing the bumble bee song.

POSE #5 – THE CHARLIE!



STEP 1:

Start by getting on your knees.



STEP 1:

Lean back and sit down on your feet.



STEP 1:

Lay down forward and stretch as far as you can. To end, you should sing the goodbye song!