

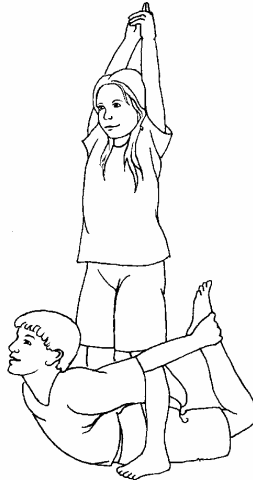


ENTER AND WIN!

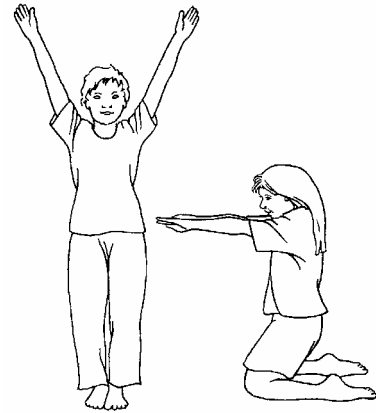
DESIGN-A-POSE



Wolf Pose



Bow'n Arrow



Alphabet Yoga

Email us your idea for a new pose. Here are some examples. Take a photo of you doing it and describe why you think it's a good yoga pose.

Win a spot on our website and a free yoga mat or kids' yoga book. Winner's will be posted!

Submit to: greentreeyoga@comcast.net