

# GO SHINE COLOR POSES

## RED

### Get rooted in **red** with Mountain

Stand with both feet together, arms by your side, standing tall



## ORANGE

### Ignite your **orange** and creativity by opening your hips in Butterfly Pose

Sit on the floor, place the soles of your feet together, let your knees fall open to the side. Option to fold forward and get a nice stretch



## YELLOW

### Awaken your **yellow** by your core and ignite courage with Boat Pose

Sit on your mat, reach your arms forward, feet and legs are together, slowly lift your legs up, use the power of your core, try to balance, if balancing is hard you can lift one leg up at a time



## GREEN

### Go **green** and open your heart and feel love with Bridge Pose

Lie on your back, bend knees, place your feet on the mat hip distance and toes pointed, lift hips, interlace hands underneath your body



## BLUE

### Vibrate your **blue** and be heard with Cat Cow Pose

Come to all fours, hands underneath your shoulders, knees underneath your hips, gaze up and arch your back (belly towards the floor) which brings you to cat pose, and then gaze at your belly and round your back which brings you to cow pose, go back and forth slowly between Cat and Cow and make the animal sounds to help release the throat



## PURPLE

### Connect with **purple** and your imagination with Savasana

Lay down on your back, arms relaxed by your side with palms up, legs relaxed, close your eyes, focus your attention on the space between your eyebrows, and take deep breaths visualizing purple

