

Pair these **poses** and *positive affirmations* to help boost confidence and feel inspired. Remember to breathe deeply and hold each pose for 3-6 full breaths.

Follow Mrs. Perkins through the postures in this [video link](#).

*I am strong. I am brave. I am graceful. I am confident. I am proud of who I am. I appreciate myself.*



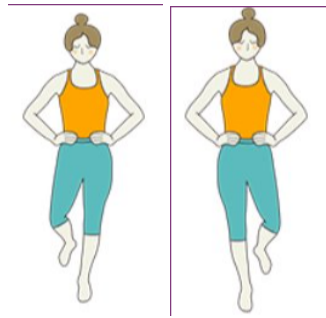
*I am strong.* **Mountain Pose:**

Stand with your arms relaxed at your sides with your palms faced outward in a gesture of openness. Stand tall, like a balloon is lifting you up.



*I am brave.* **Warrior Pose:**

From mountain pose, step one foot back, slightly angling it outwards, bend your front knee, and bring your arms straight up towards the sky, and look up. Switch sides. Here's a video example of [Miss Ale](#) sharing her brave warrior pose with us.



*I am graceful.* **Tree Pose:**

Here's a video example of [Mrs. O'Hara in tree pose](#). From mountain pose, transfer your weight to one side. Place the bottom of your left foot on the inside of your right thigh or shin (not the knee) and hold with your palms together at your chest. Switch sides. If this pose is challenging for your balance practice next to a wall or only lift your toe off of the floor slightly, like the picture above.

*I am confident.* **Cobra Pose:**



Lie on your

tummy, lift your head and shoulders off ground, place palms flat next to your shoulders, and open your chest.

*I am proud of who I am.* **Cat-Cow Pose:**



Video

example with [Miss Dean in cat - cow](#). On your hands and knees, tuck your chin into your chest and round your back. Then look up, open your chest, and arch your back. Repeat the Cat-Cow sequence a few times.



*I appreciate myself.* **Bridge Pose:**

Lie on your

back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your hips to create a bridge.

*I am strong. I am brave. I am graceful. I am confident. I am proud of who I am. I appreciate myself.*