

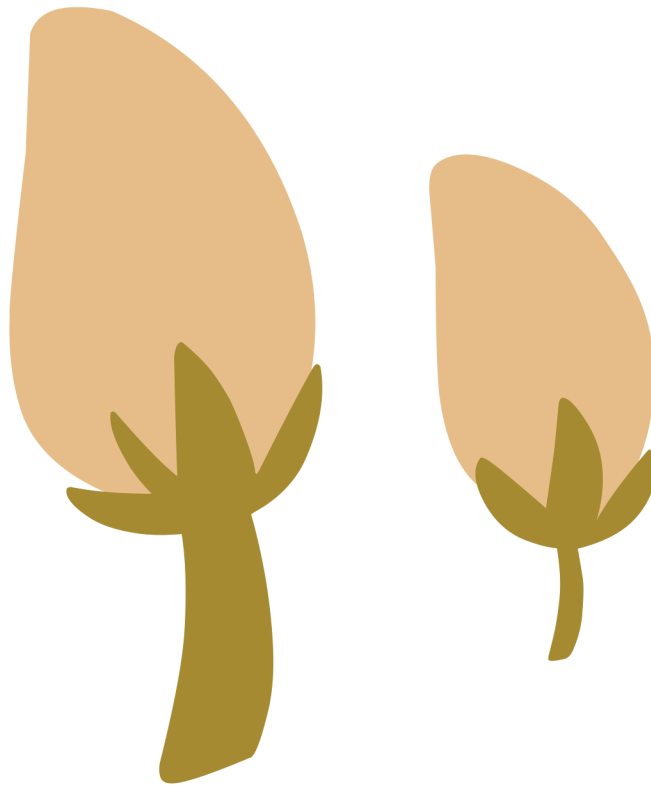
# SPRING YOGA

## Seed Pose



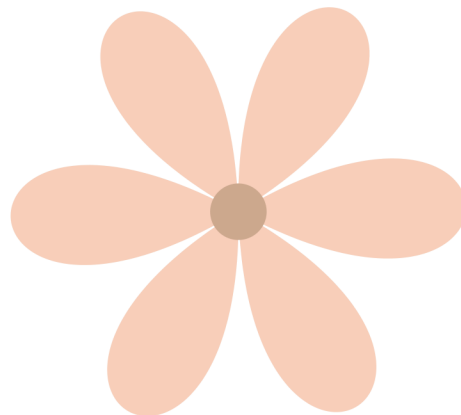
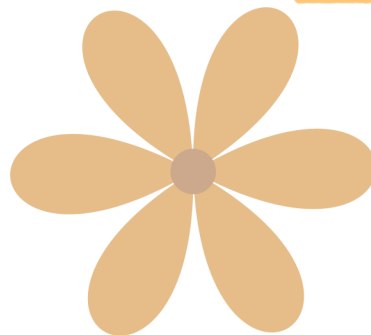
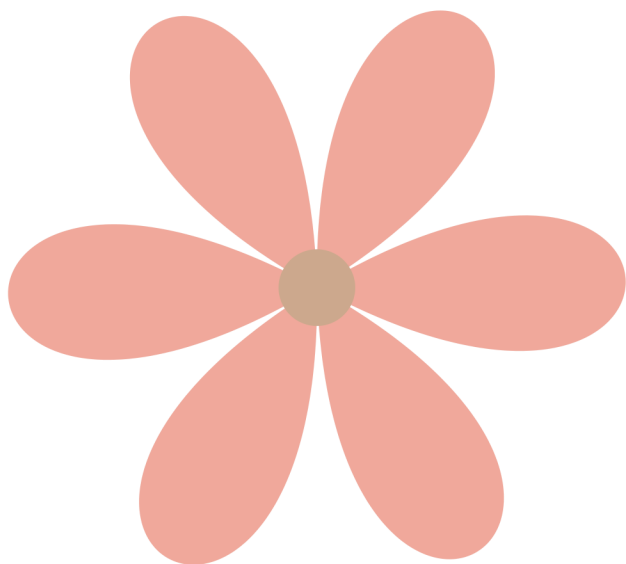
# SPRING YOGA

## Bud Pose



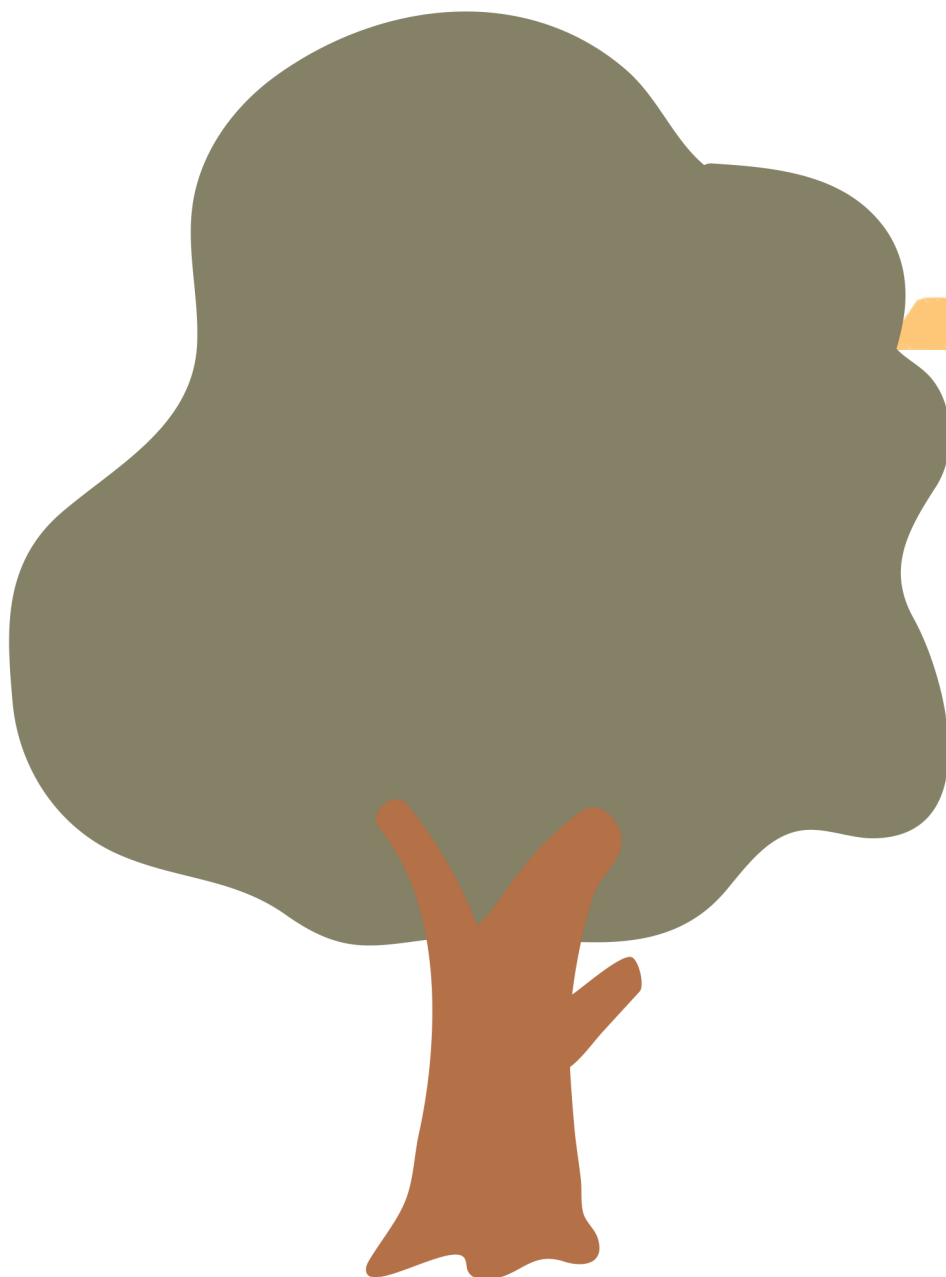
# SPRING YOGA

## Flower Pose



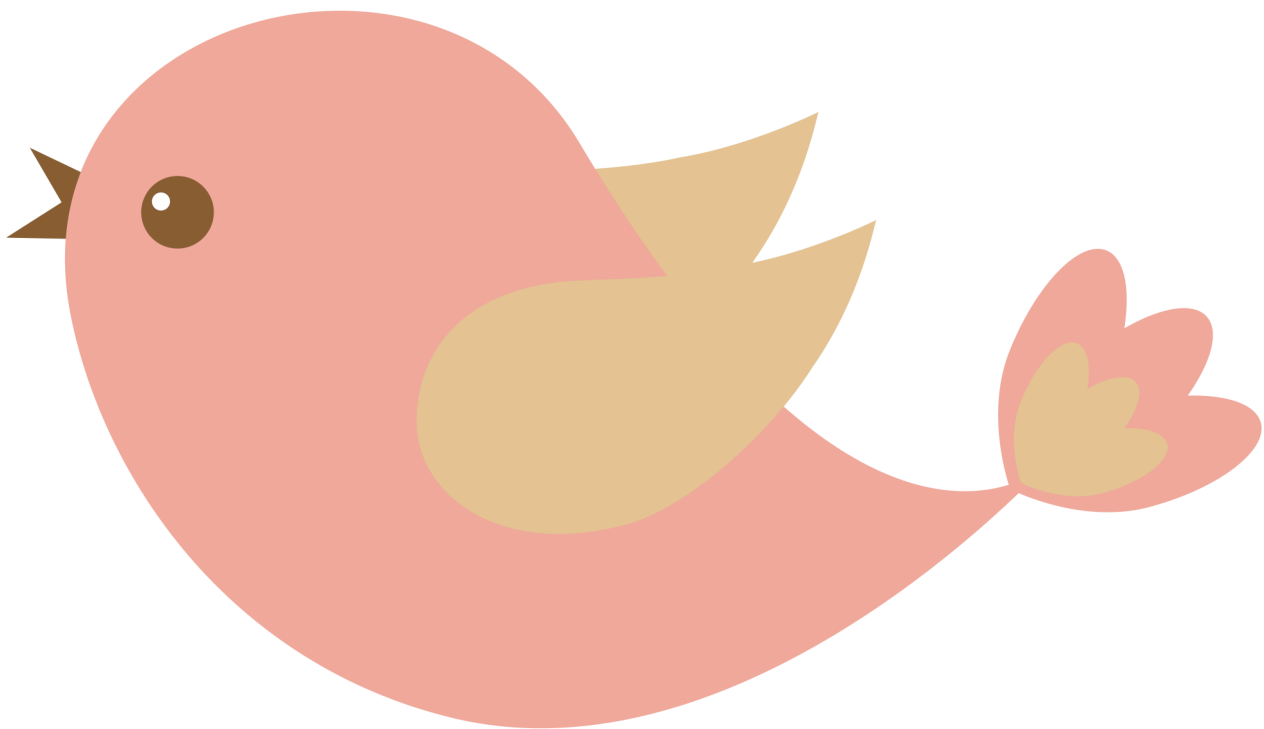
# SPRING YOGA

## Tree Pose



# SPRING YOGA

## Bird Pose



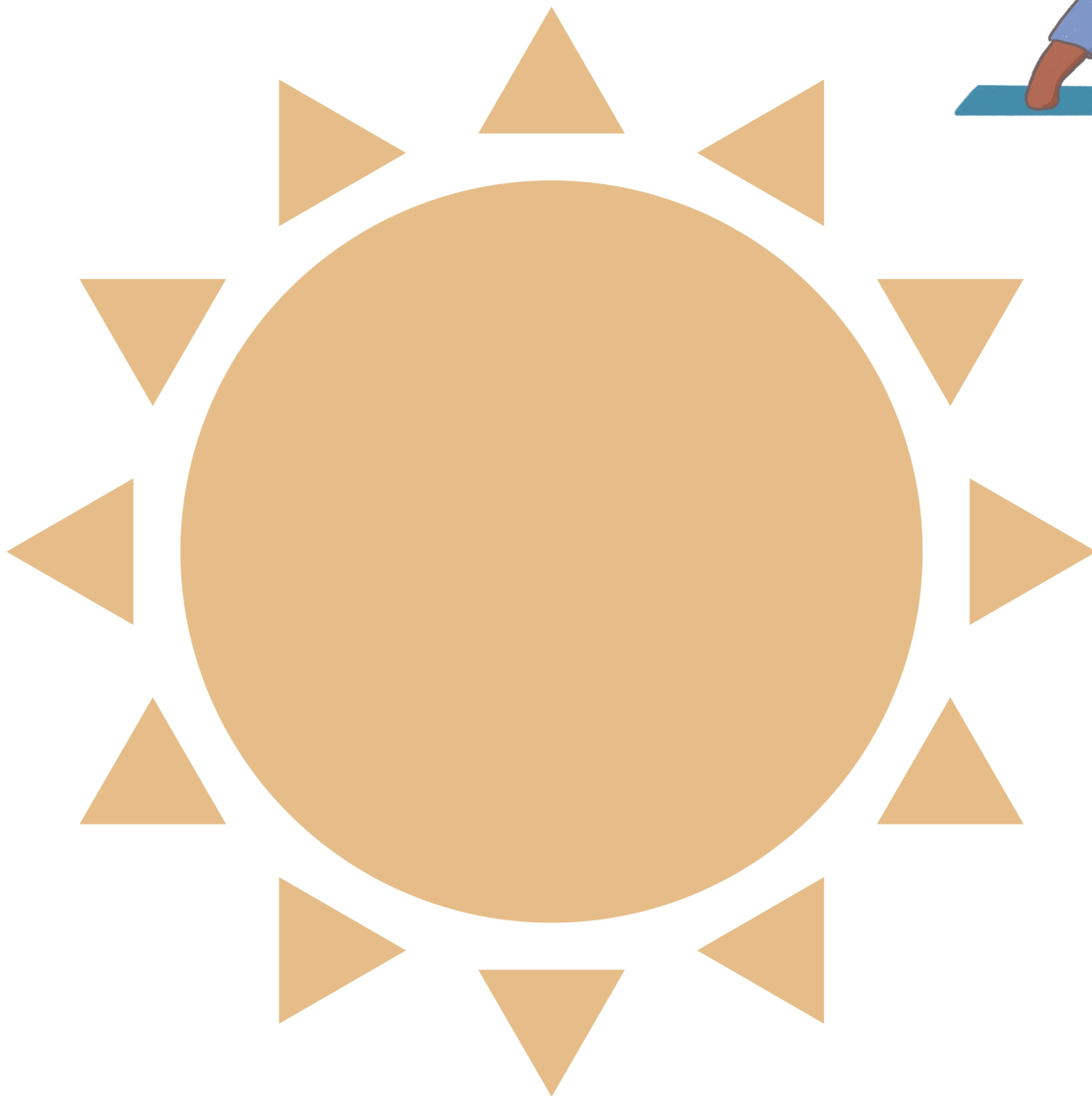
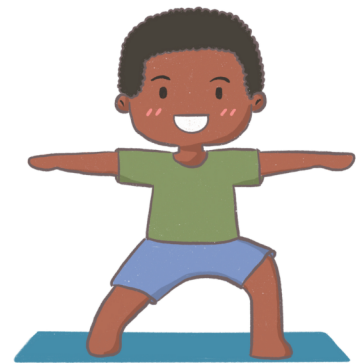
# SPRING YOGA

Falling rain



# SPRING YOGA

## Sun Pose



*Thank you for sprinkling kindness like confetti  
with us*



## LET'S KEEP GROWING KIND AND CONFIDENT TOGETHER

Don't want to miss a minute of our Kind Resources?

Join our Mailing list be the first to know about our FREE downloads,  
Resources, exclusive discounts and more.

LEARN MORE

FOLLOW US



[www.kindandconfidented.com](http://www.kindandconfidented.com)