

TREE YOGA

Find a quiet spot in the garden to try out these tree poses...



KĀKANO - SEED



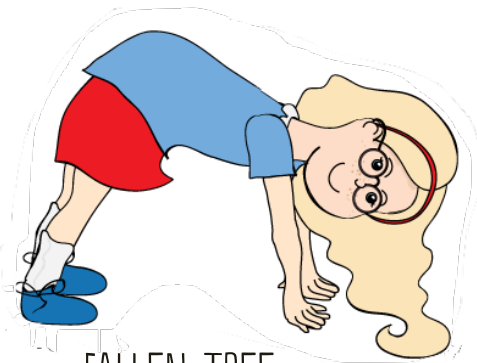
KŌHURI - SAPLING



RĀKAU - TREE



TĪWAI - TRUNK



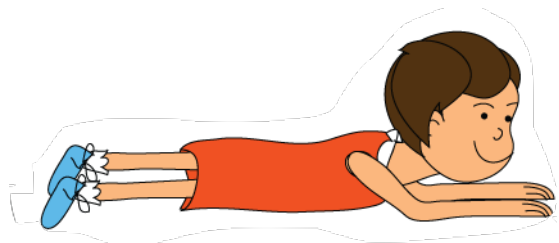
FALLEN TREE



MANGA - BRANCHES



RAU - LEAF



RŌKU - LOG

