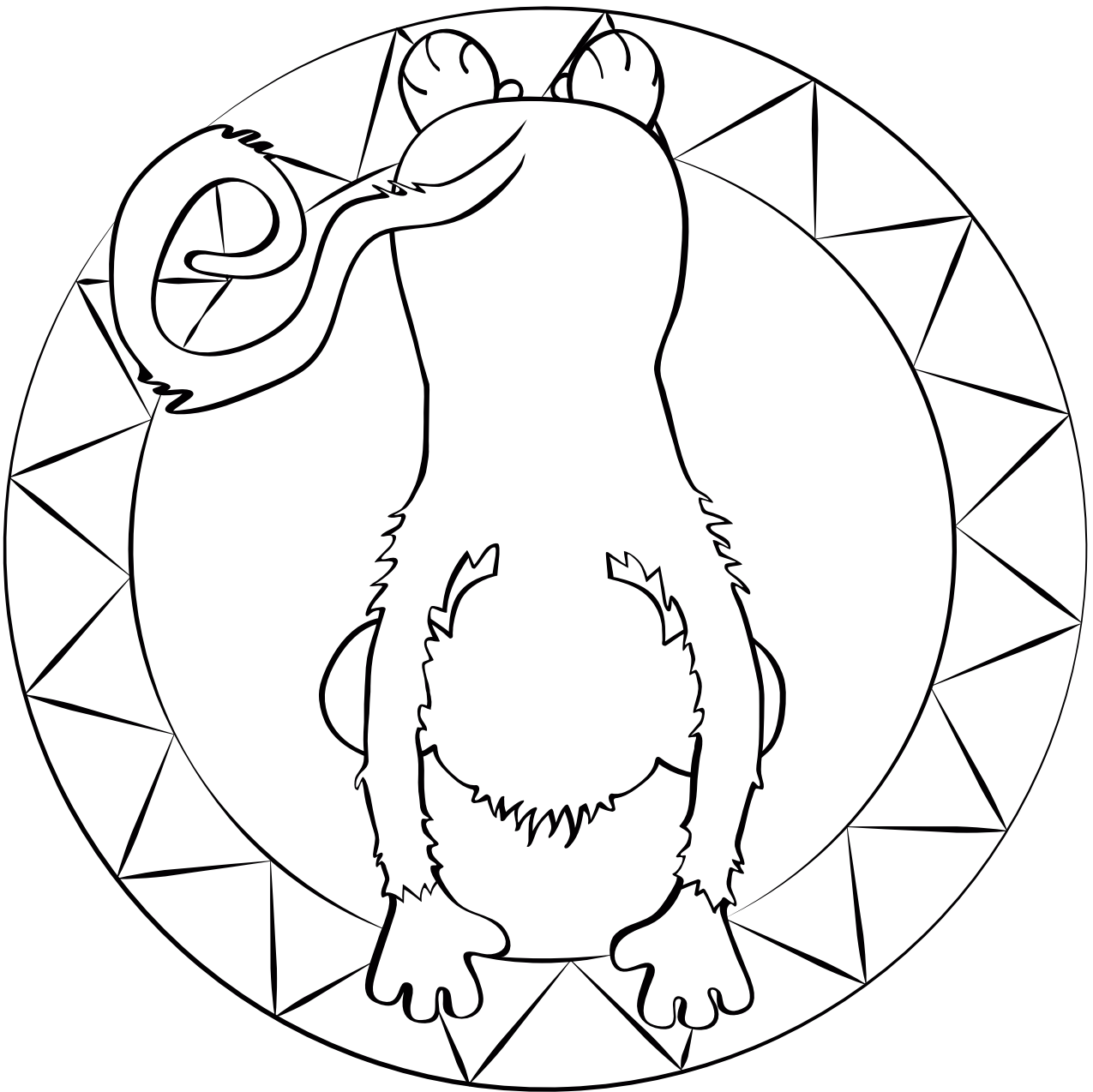
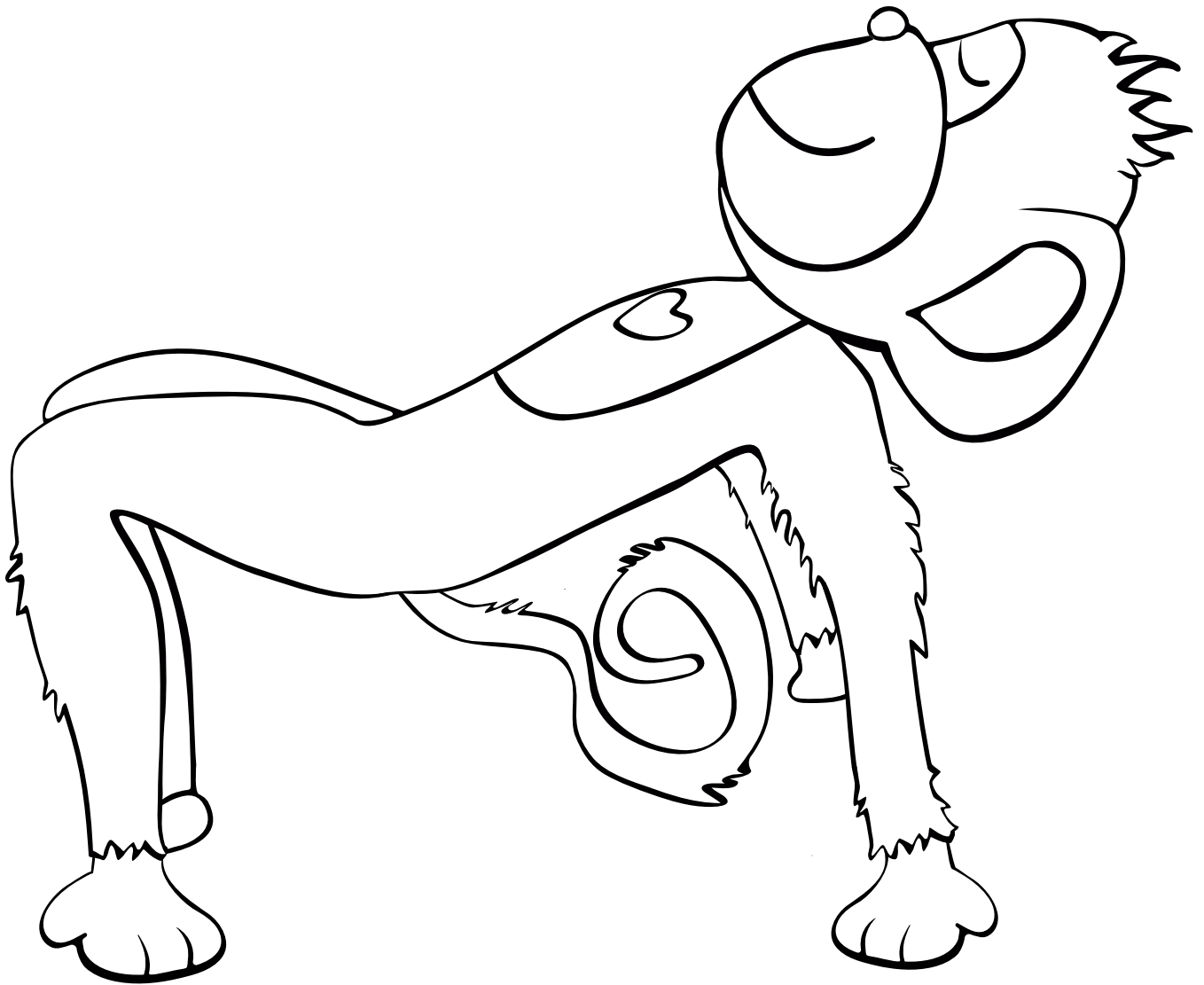


# stretch Like a bUNNY



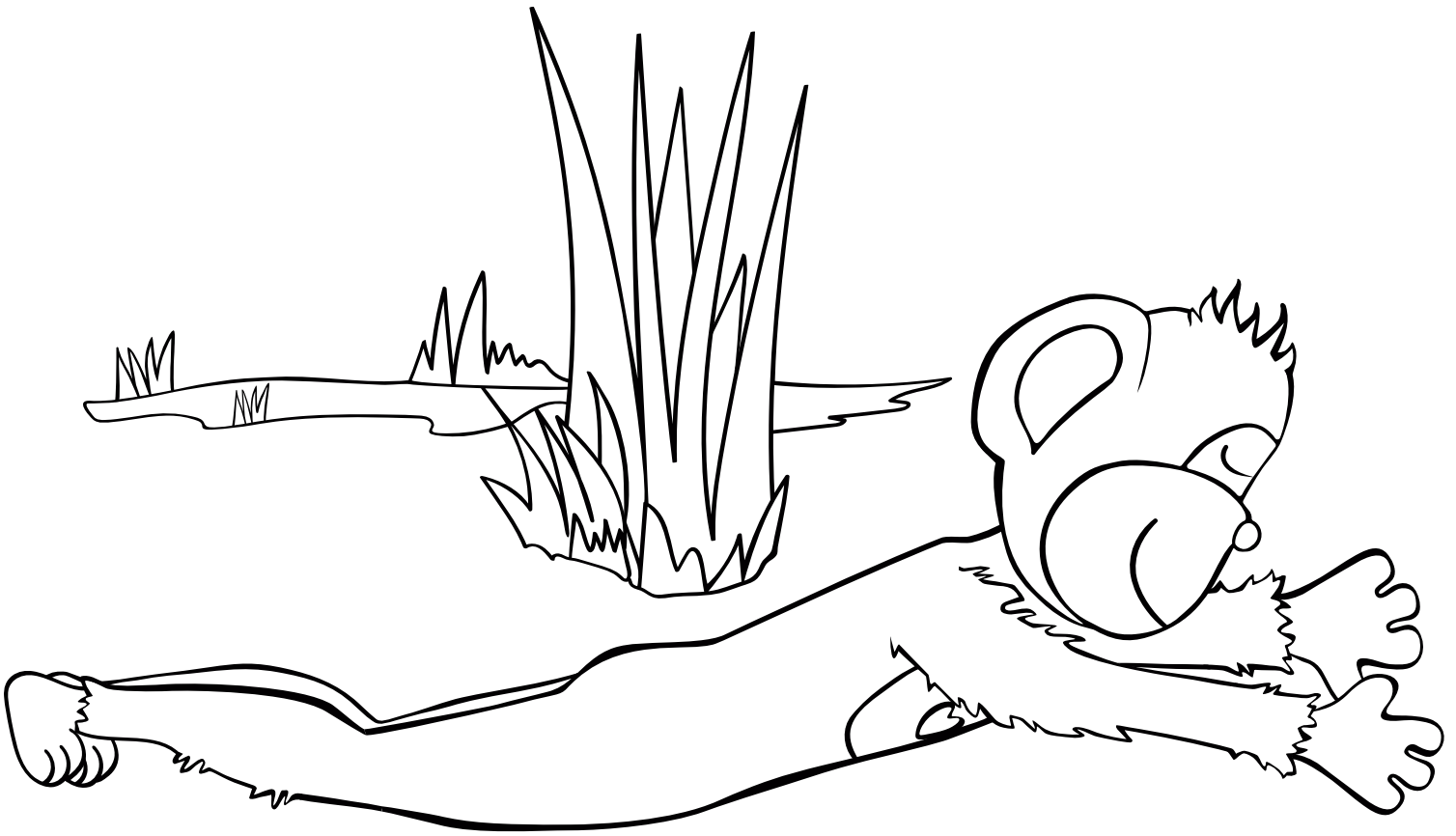
Go on your knees like Meddy Monkey, extend your arms  
and rest your forehead on the floor.  
Breathe slowly.

# WALK Like a crab



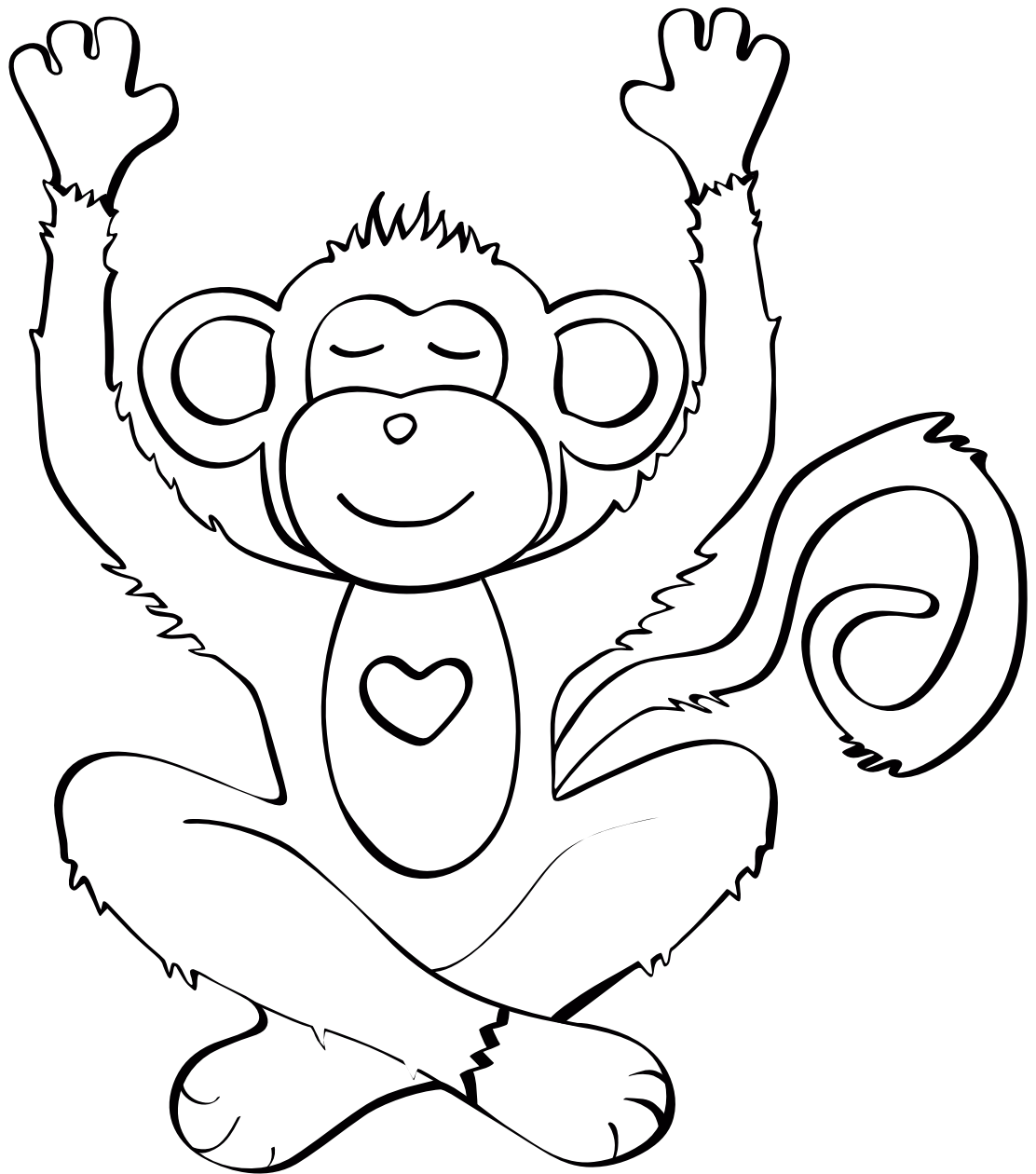
Try to turn into a crab like Meddy Monkey.  
Walk around and lift one hand at a time to use your claws.

Hiss  
Like  
a  
Snake



Lie down on your tummy like Meddy Monkey  
Breathe in and lift your body up  
then breathe out and hiss like a snake.

# Wake up with Meddy MONKEY



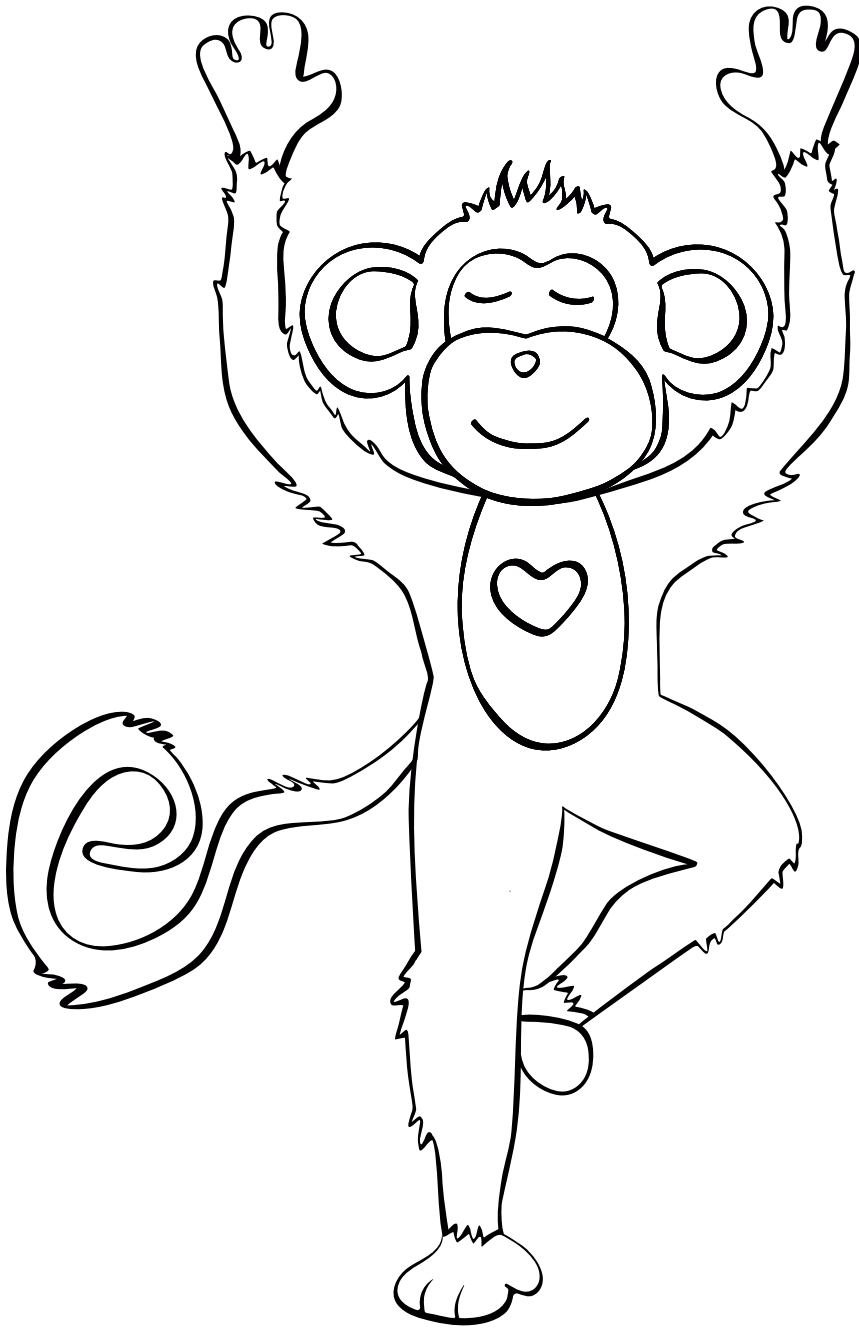
Breathe in and lift your arms up  
then breathe out and put your arms down.

be  
strong  
like  
a dragon



Bend your front leg like Meddy Monkey.  
Breathe in and lift your arms up.  
Show your dragon wings.  
Breathe out and rest your arms.  
Can you breathe fire?

# balance Like a tree



Balance on one leg like Meddy Monkey.  
Can you stay quiet and still like an old tree?  
Let birds to sit on your head and sing.