

Rooster Pose

1. Stand up.
2. Connect the palms of your hands and place them on your head like a rooster's comb.
3. Lift one leg behind you with a bent knee.
4. Swing it forward, and step it down.
5. Lift up your back leg with a bent knee, swing it forward, and step it down.
6. Keep strutting. Cock-a-doodle-do!

