

SPRING

themed yoga pose



FLOWER POSE

Spring: Blooming Bliss

Imagine a vibrant spring garden bursting with blossoms. Picture yourself surrounded by colorful flowers, buzzing bees, and fluttering butterflies. Hear the gentle rustle of leaves and the chirping of birds celebrating the season. Imagine picking flowers and dancing in a shower of petals. Close your eyes and let the blooming bliss of spring fill your whimsical adventure with the freshness of new beginnings!

