# Classroom Yoga Breaks

**Breathe**
- Heart Belly Breath
- Shape Breathing

**Cross Body**
- Cross Crawl
- Eagle
- I Am Breath
- Figure 8s

**Twists**
- Simple Twist
- Elbow to Knee
- Washing Machine
- Wide Legged Forward

**Balance**
- Tree
- Star
- Flamingo
- Airplane
- Dancer

**Forward & Back Bends**
- Cat Cow
- Cobra
- Ragdoll
- Child's

**Shoulders & Neck**
- Shoulder Rolls
- Cow Faced Arms
- Neck Stretch
- Butterfly Breath
- Silent Lion

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**Training – Classes – Resources**
For yoga and wellness tips follow on social media

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