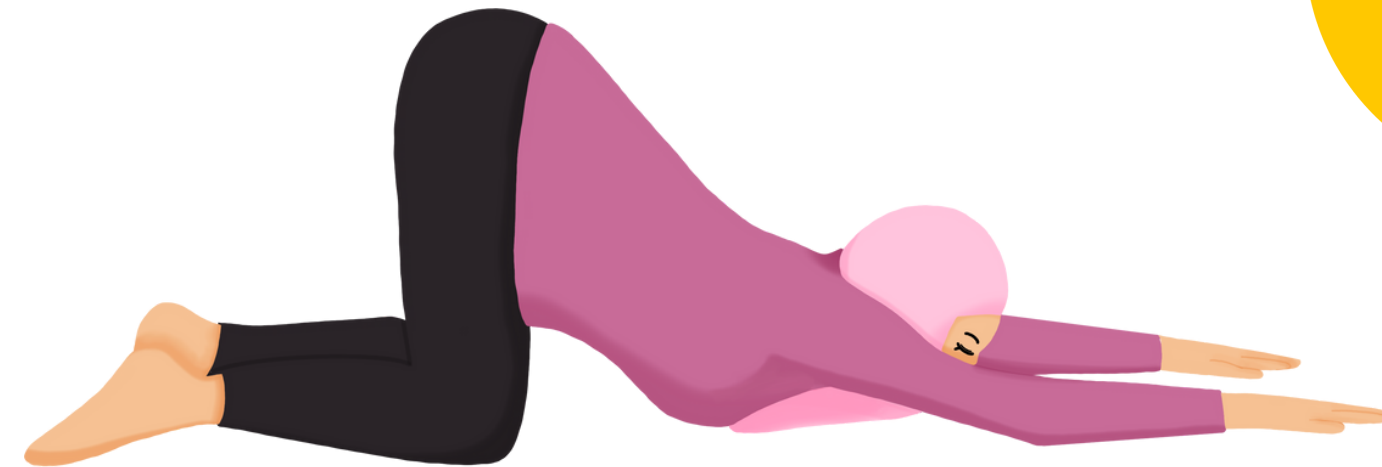


Puppy pose breathing

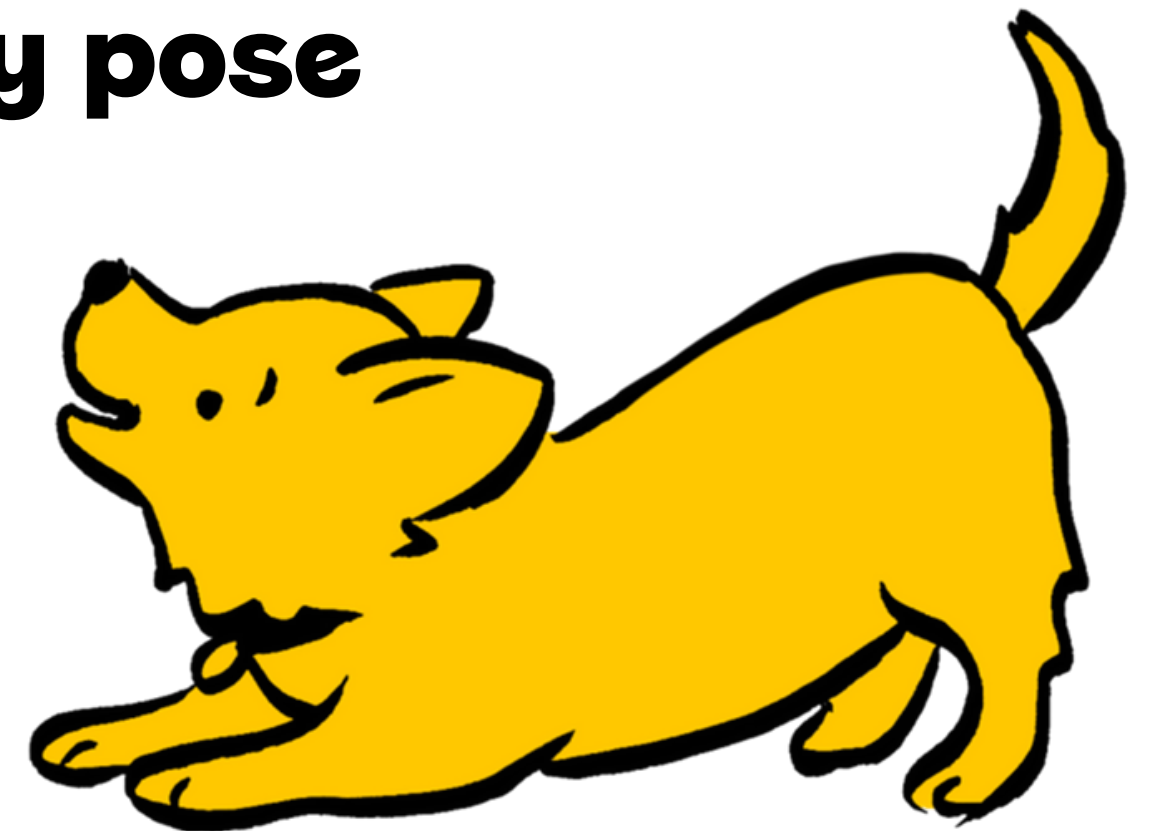


Take 5 minutes to complete a short yoga routine!

Use dog-themed poses like 'downward dog' and 'puppy pose'.



Puppy pose



Downward dog