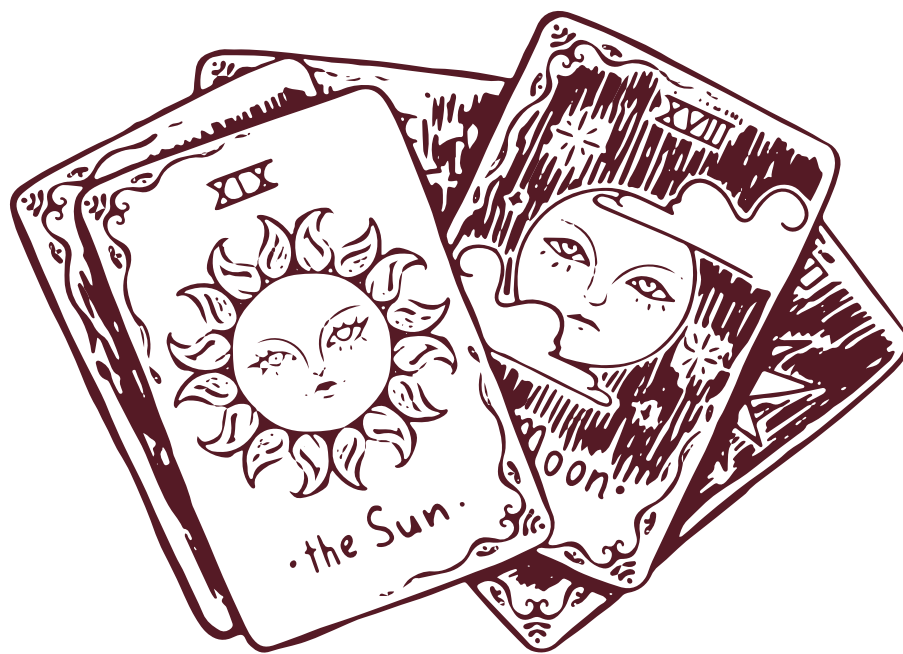


# Healthy Witch Wellness

## Tarot Yoga



### DIRECTIONS:

To do Tarot Yoga, you will need your favorite tarot deck and a yoga mat. Shuffle the deck and choose a card. If you pull a card of the Major Arcana, do the corresponding pose on the Tarot Yoga Guide. Hold the pose for 20 seconds, then add more time as you grow your practice.

If you pull a card from one of the minor arcana, practice the pose that relates to the corresponding suit. For Swords: Warrior I, For Wands: Warrior II, For Cups: Yoga Squat. For Coins: Chair Pose. Hold the pose for the number of seconds on the card.

# Healthy Witch Wellness

## Tarot Yoga



Standing  
Head To Knee  
Pose



Mountain  
Pose



Goddess  
Squat



Dancer  
Pose

# Healthy Witch Wellness

## Tarot Yoga



Warrior II  
Pose



Bound Angle  
Pose



Downward  
Facing  
Dog



Boat  
Pose

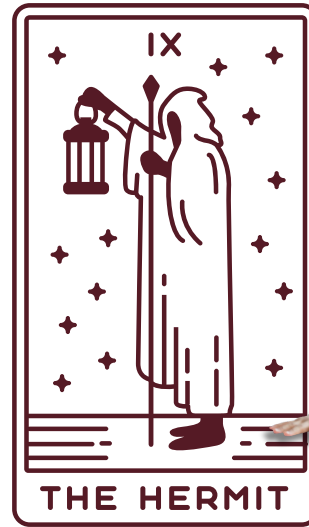


# Healthy Witch Wellness

## Tarot Yoga



Triangle  
Pose



Child's  
Pose



Wheel/Bridge  
Pose



Plank  
Pose

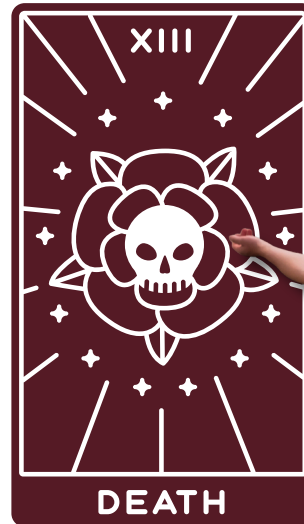


# Healthy Witch Wellness

## Tarot Yoga



Tree  
Pose



Savasana



Legs Up Wall  
Pose



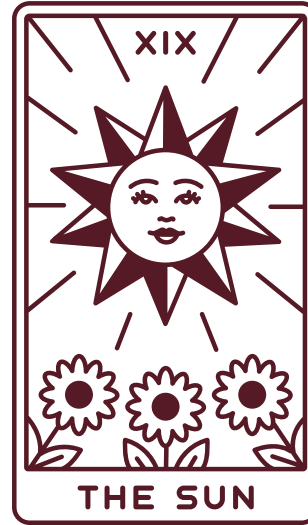
Five Pointed  
Star Pose

# Healthy Witch Wellness

## Tarot Yoga



Half Moon  
Pose



Sun  
Salutation



Bow  
Pose



Eagle  
Pose

# Healthy Witch Wellness

## Tarot Yoga: Minor Arcana

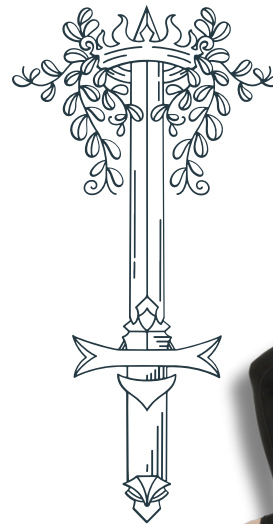


COINS



Chair  
Pose

SWORDS



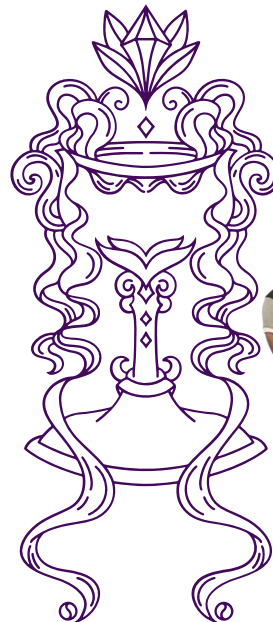
Warrior I  
Pose

WANDS



Warrior II  
Pose

CUPS



Yoga  
Squat