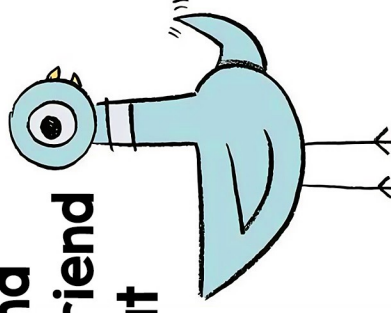


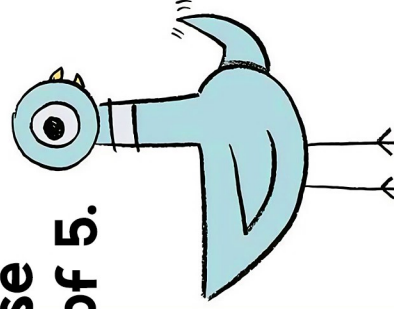
## The Pigeon wants to know if you can ...

... hold a bean bag in between your feet and pass it back and forth with a friend 4 times without letting it touch the floor.



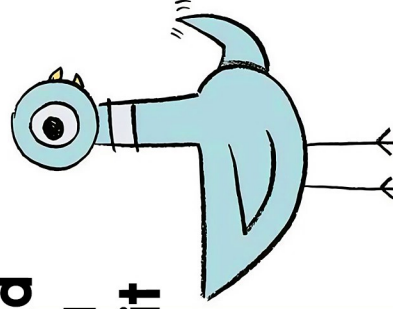
## The Pigeon wants to know if you can ...

... balance a bean bag on top of your knees while doing Chair Pose for the count of 5.



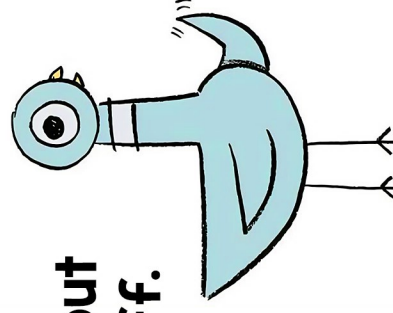
## The Pigeon wants to know if you can ...

... bend your arm, balance a bean bag on top of your elbow, and slowly spin in a circle without it falling off.



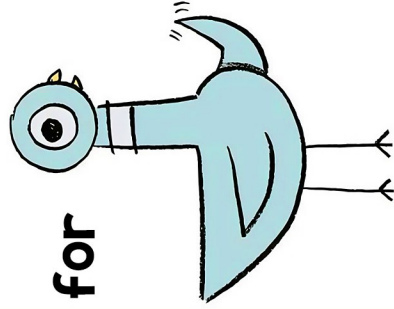
## The Pigeon wants to know if you can ...

... put a bean bag on top of each foot and slowly take 5 steps forward without them falling off.



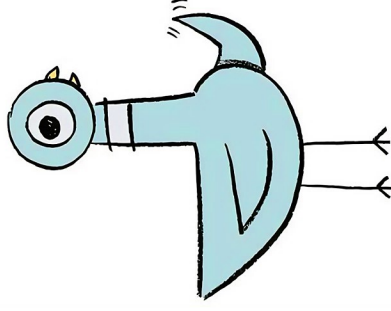
## The Pigeon wants to know if you can ...

... balance a bean bag on each shoulder, and then stand still in Mountain Pose for the count of 5.



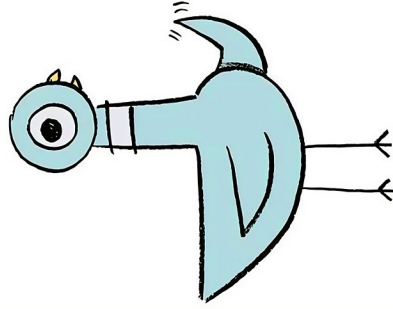
## The Pigeon wants to know if you can ...

... try to juggle 2 bean bags.



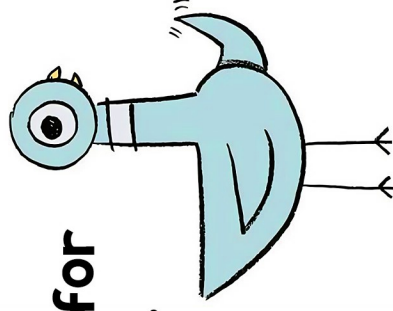
## The Pigeon wants to know if you can ...

... balance a bean bag on your head, while you slowly spin in a circle 2 times.



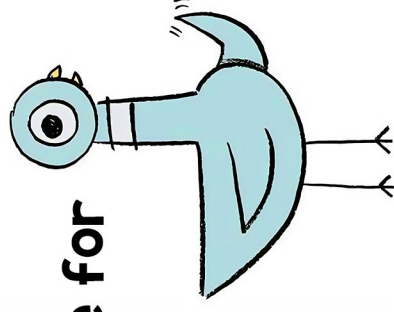
## The Pigeon wants to know if you can ...

... balance a bean bag on the backs of each hand, and then do Airplane Pose for the count of 5.



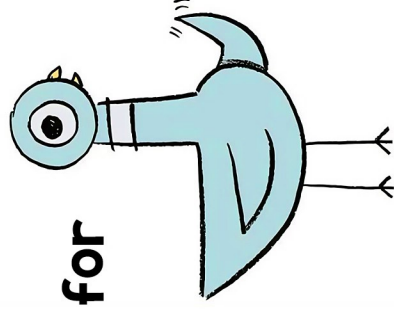
## The Pigeon wants to know if you can ...

... balance a bean bag on each shoulder and stand still in Mountain Pose for the count of 10.



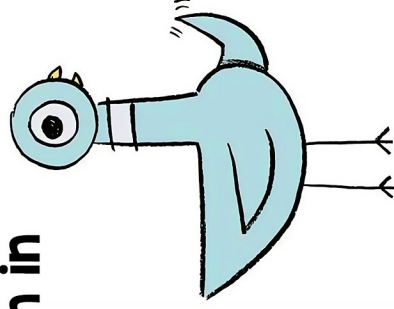
## The Pigeon wants to know if you can ...

... balance a bean bag on the backs of each hand and do Airplane Pose for the count of 5.



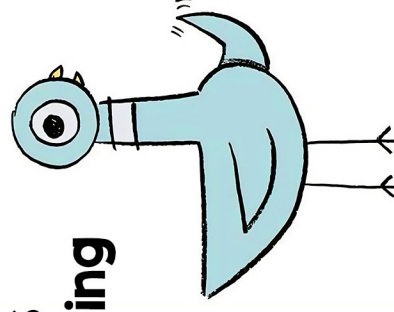
## The Pigeon wants to know if you can ...

... balance a bean bag on your head while you slowly spin in a circle.



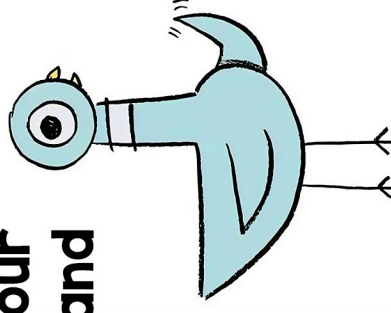
## The Pigeon wants to know if you can ...

... toss a bean bag back and forth with a friend 3 times without dropping it.



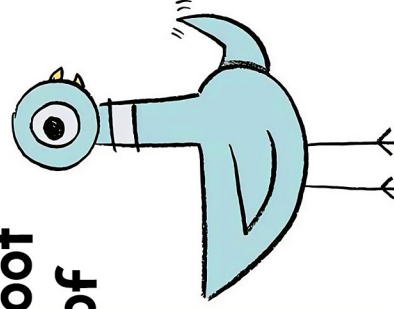
## The Pigeon wants to know if you can ...

... balance a bean bag on your shoulder, and then slide it down your arm to your hand without touching it or letting it fall off.



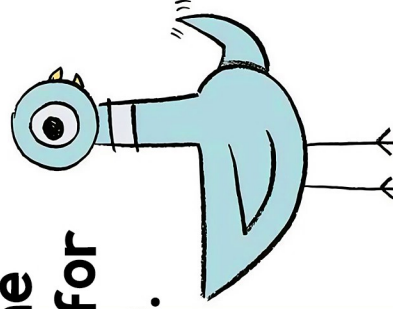
## The Pigeon wants to know if you can ...

... balance the bean bag on your head, and then stand on one foot for the count of 5.



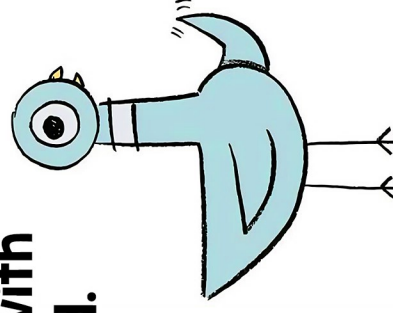
## The Pigeon wants to know if you can ...

... balance a bean bag on the top of your foot, and then lift it in the air and hold it for the count of 10.



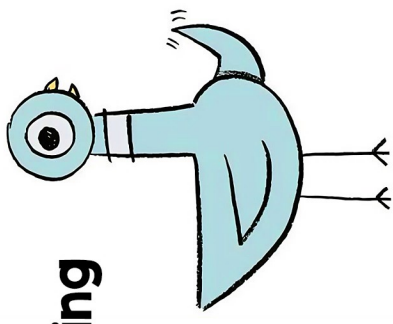
## The Pigeon wants to know if you can ...

... toss a bean bag up in the air with one hand, and then catch it with the other hand.



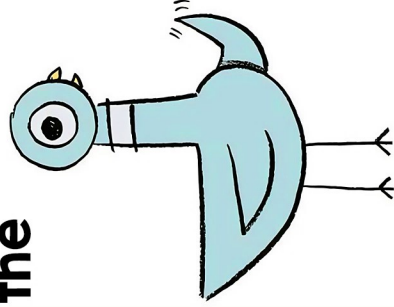
## The Pigeon wants to know if you can ...

... gently toss a bean bag back and forth with a friend 3 times without dropping it.



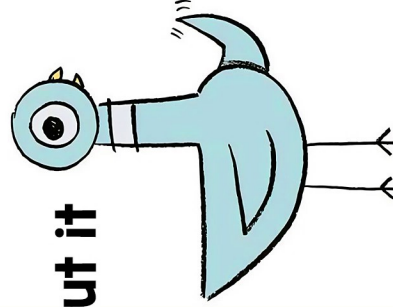
## The Pigeon wants to know if you can ...

... bend your leg and balance a bean bag on your knee for the count of 5.



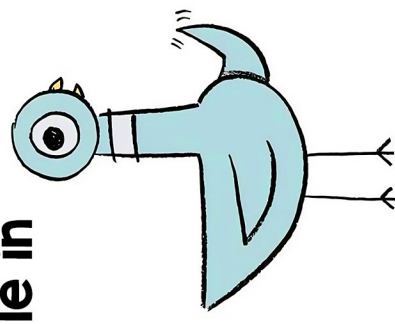
## The Pigeon wants to know if you can ...

... balance a bean bag on your head and slowly take 5 steps forward without it falling off.



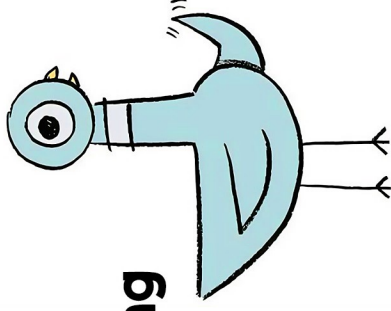
## The Pigeon wants to know if you can ...

... balance a bean bag on both of your knees at the same time while in Frog Pose.



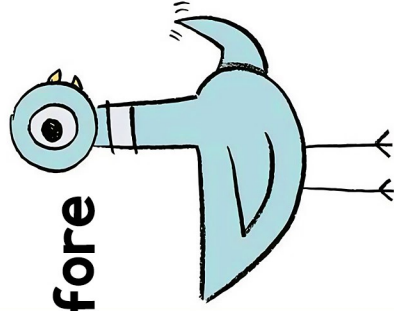
## The Pigeon wants to know if you can ...

... balance a bean bag on your head and slowly take 5 steps backwards without it falling off.



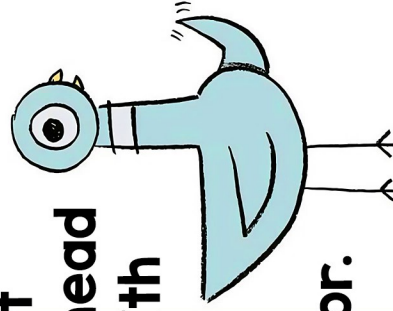
## The Pigeon wants to know if you can ...

... gently toss 2 bean bags in the air at the same time and then catch them before they hit the floor.



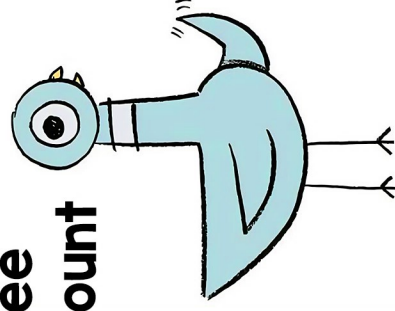
## The Pigeon wants to know if you can ...

... stand in Star Pose with a bean bag in one hand, and then toss it up over your head and catch it with your other hand before it falls to the floor.



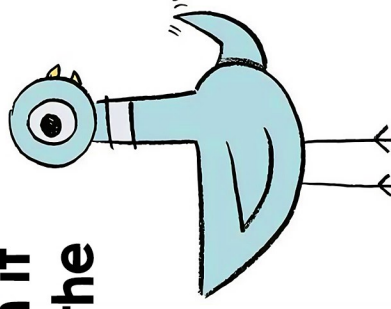
## The Pigeon wants to know if you can ...

... close your eyes, place a bean bag on your head, and then do Tree Pose for the count of 5 before it falls off.



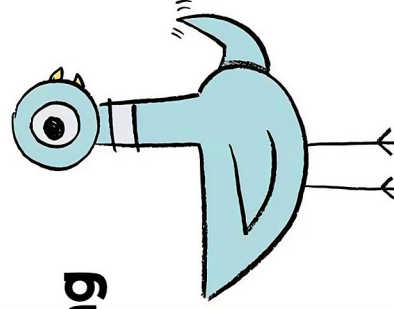
## The Pigeon wants to know if you can ...

... toss a bean bag up in the air, clap your hands, and then catch it before it hits the ground.



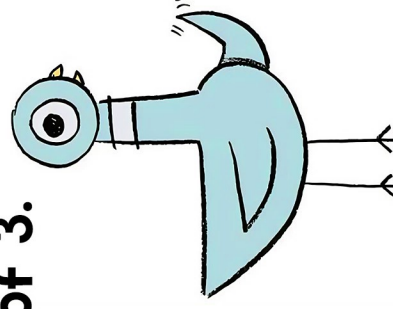
## The Pigeon wants to know if you can ...

... hold a bean bag in between your knees and hop 3 times without it falling down.



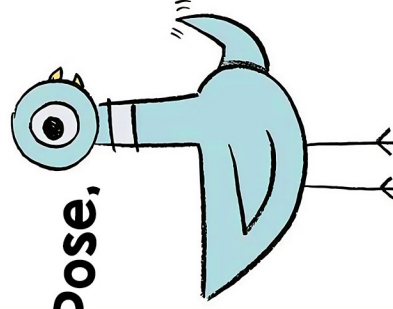
## The Pigeon wants to know if you can ...

... hold a bean bag under your chin without it falling for the count of 3.



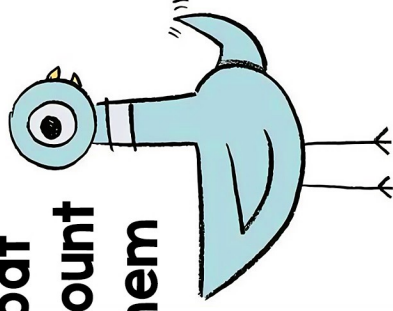
## The Pigeon wants to know if you can ...

... keep a bean bag balanced on your back while you flow through Table Pose, Cow Pose, and Cat Pose 3 times.



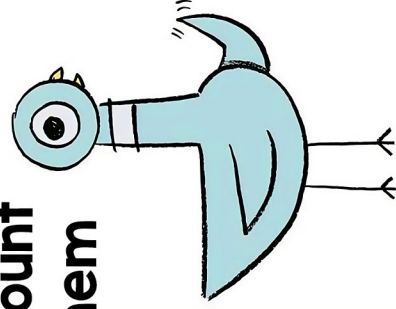
## The Pigeon wants to know if you can ...

... bend your knees, put a bean bag on top of each foot, and do Boat Pose for the count of 3 without them falling off.



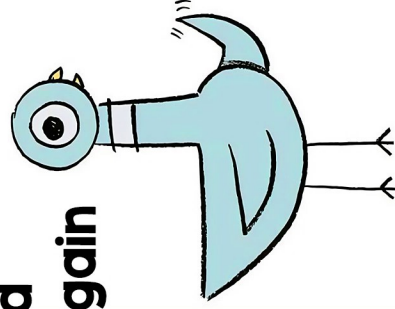
## The Pigeon wants to know if you can ...

... put a bean bag on each foot and do Happy Baby Pose for the count of 5 without them falling off.



## The Pigeon wants to know if you can ...

... balance a bean bag on top of your foot, kick it into the air, and then catch it again with the same foot without letting it touch the floor.



## The Pigeon wants to know if you can ...

... balance a bean bag on top of your head while doing Snake Pose for the count of 5.

