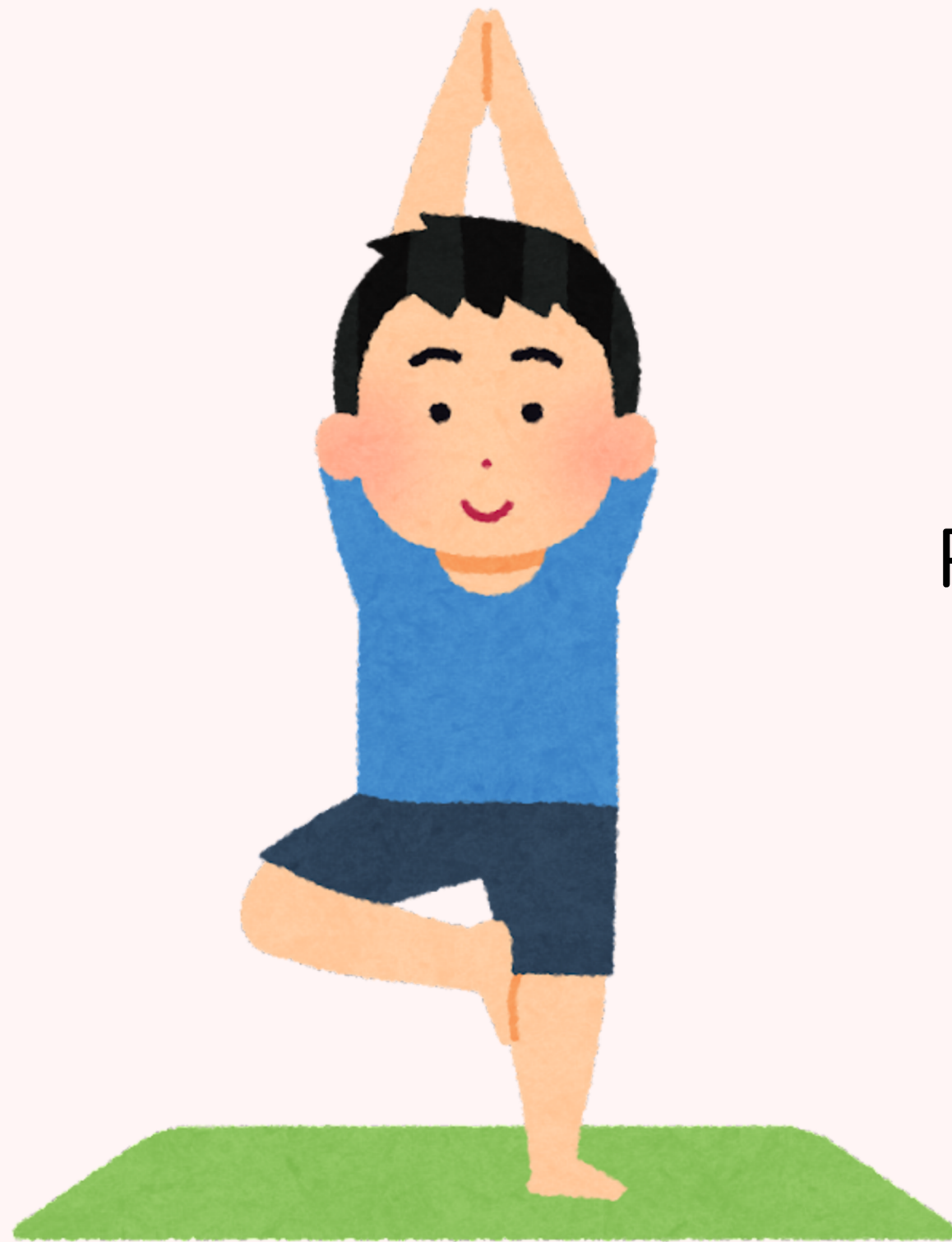




SAVANNAH
SPEECH & HEARING
CENTER

Physical Therapy
HOLIDAY
YOGA



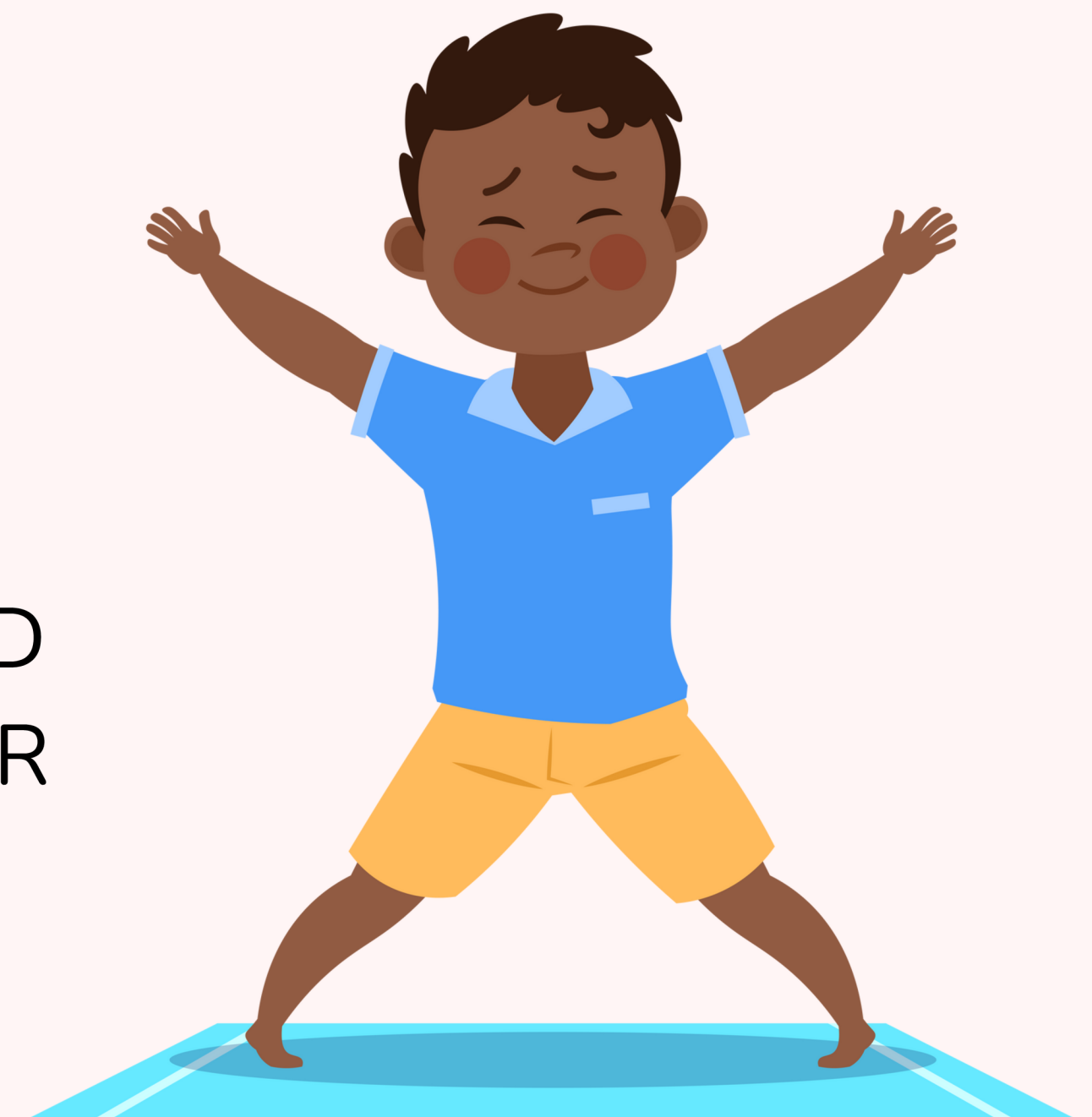


TREE POSE

PLACE ONE FOOT ON THE SIDE OF YOUR OPPOSITE KNEE. HANDS OVER HEAD AND COUNT AS HIGH AS YOU CAN.

JACK IN THE BOX

JUMPING JACKS BY STARTING WITH ARMS AND LEGS SPREAD OUT, THEN JUMP FEET TOGETHER AND ARMS TO SIDE.





REINDEER

START ON HANDS AND KNEES IN A DOWNWARD
DOG POSITION. "FLY" OR WALK FORWARD AS
MANY STEPS AS ABLE.

KWANZA CANDLES

WHILE ON KNEES, LIFT HIPS OFF HEELS. PLACE
ARMS OVER SHOULDERS TO REPLICATE CANDLES



DREIDEL

A DEEP SQUAT WHILE KEEPING THE HEELS FLAT ON THE GROUND. TO INCREASE THE CHALLENGE, PLACE HANDS IN “PRAYER” POSITION BY CHEST



Happy Holidays from

JENNIFER JONES PT, DPT, PCS |

TO SCHEDULE A PHYSICAL THERAPY EVALUATION, PLEASE
CALL US AT 912-355-4601

