

A silhouette of a person performing a yoga pose, specifically a standing balance pose with one leg raised and arms extended upwards. The person is positioned against a bright, circular light source, likely the sun, which creates a strong backlight effect. The background is a gradient of warm colors, transitioning from a light yellow/orange near the sun to a darker, muted orange at the top. The person is standing on a dark, silhouetted horizon line that appears to be a hill or a rocky outcrop. To the left of the person, there is a small, dark silhouette of a bush or small tree.

STRIKE A POSE

# *James Lick Yoga Club*

JOIN US FOR A MINDFUL WAY TO START AND  
END YOUR DAY TUESDAYS-8:00AM AND  
THURSDAYS-4:00PM. EMAIL MRS. BLANCO  
BLANCOS@ESUHSD.ORG FOR ZOOM DETAILS  
ALL LEVELS WELCOME