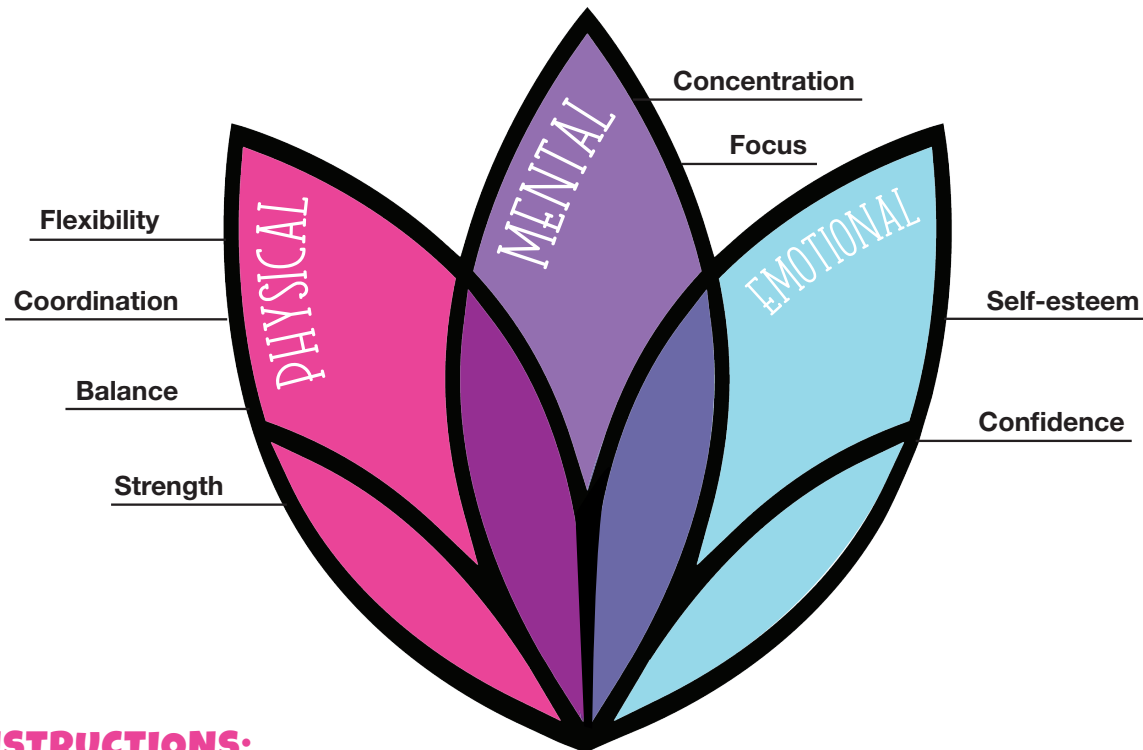


ANIMAL YOGA FOR KIDS

POSE CARDS

Yoga is a practice in self-discovery. Simple poses paired with intentional breathing will help your child develop physically, mentally, and emotionally. An exercise for the mind and the body, yoga will help your kids grow strong muscles, it will teach them to clear their mind so they can focus on a single task, and it will show them how to be patient and persevere to reach a goal, like mastering their favorite pose.



INSTRUCTIONS:

1. First, download these pages and print them. There are four cards on each page; each card has a different pose to practice with your kids.

2. Cut out the cards and read through them together. Then, arrange the cards in a stack so you can pick a pose at random, or arrange them face up so you can see the poses and create a flow together.

3. Move through each pose at your own pace. While in the pose, call out the affirmation written on the card.

4. Throughout your practice, make sure you remember to breathe! Breathe in and out through your nose most of the time and, every once in a while, take a big deep breath in through your nose and exhale through your mouth, making a loud “haaaaa” sound while you push out the air.

MOST IMPORTANTLY, HAVE FUN BEING ACTIVE AND GETTING STRONGER TOGETHER!

ELEPHANT POSE

(WIDE-LEGGED STANDING FORWARD BEND)



I have a strong body.

CROCODILE POSE

(PLANK)



I am calm.

TIGER POSE

(CAT POSE)



I am brave.

COW POSE

(COW POSE)



I am kind.

TURTLE POSE

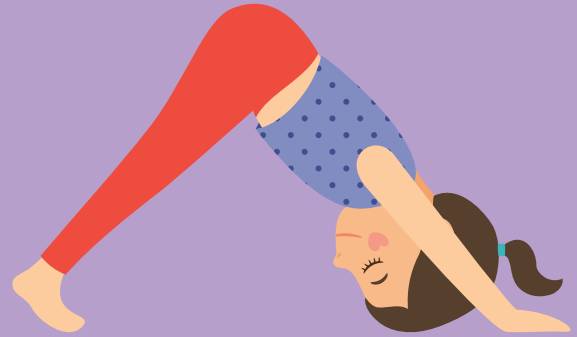
(CHILD'S POSE)



I am patient.

PUPPY POSE

(DOWNWARD-FACING DOG)



I am friendly.

BUTTERFLY POSE

(BUTTERFLY POSE)



I am unique.

COBRA POSE

(COBRA POSE)



On the exhale, make the 'shhh' sound to slither like a snake.

FLAMINGO POSE

(TREE POSE)



I am beautiful.

RHINO POSE

(TRIANGLE FORWARD BEND)



I am a leader.

BAT POSE

(FORWARD BEND)



Focus on your breathing. Can you feel the air moving in and out through your nose?

GIRAFFE POSE

(EXTENDED MOUNTAIN POSE)



I reach for the stars.