

SUPERHERO YOGA



I am brave.

WARRIOR 1 POSE



I am strong.

WARRIOR 2 POSE



I am peaceful.

PEACFUL WARRIOR POSE



I am kind.

WARRIOR 3 POSE



I am a superhero!

HALF MOON POSE

ZOO YOGA



I am an elephant.

WIDE-LEGGED STANDING FORWARD BEND



I am a crocodile.

PLANK POSE



I am a bear.

DOWNWARD-FACING DOG POSE



I am a tiger.

CAT POSE



I am a hippo.

CHILD'S POSE

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Zoo Animals Yoga
PRINTABLE POSTER

FARM ANIMALS YOGA



I am a hen.

SQUAT POSE



I am a horse.

THREE-LEGGED DOG POSE



I am a sheep.

CAT POSE



I am a cow.

COW POSE



I am a pig.

HAPPY BABY POSE

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Farm Animals Yoga PRINTABLE POSTER

SHAPES YOGA



I am a triangle.
DOWNWARD-FACING DOG POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



I am a star.
RESTING POSE

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Shapes Yoga
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WEATHER YOGA



It is sunny.

EXTENDED MOUNTAIN POSE



It is windy.

TREE POSE



I see lightning.

CHAIR POSE



It is raining.

STANDING FORWARD BEND



It is snowing.

CHILD'S POSE

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Weather Yoga
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TRANSPORTATION YOGA



I am a boat.
BOAT POSE



I am a surfboard.
PLANK POSE



I am a sailboat.
TRIANGLE POSE



I am a train.
STAFF POSE



I am a motorbike.
LUNGE POSE

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Transportation Yoga
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OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

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Ocean Animals
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ARCTIC ANIMALS YOGA



I am a moose.

WARRIOR 1 POSE



I am a walrus.

COBRA POSE



I am a polar bear.

BEAR WALK



I am a musk ox.

CAT POSE



I am an arctic hare.

HERO'S POSE with BUNNY BREATH

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Arctic Animals Yoga PRINTABLE POSTER

BEACH YOGA



I am a surfer.

WARRIOR 2 POSE



I am a beach chair.

CHAIR POSE



I am a sandcastle.

DOWNWARD-FACING DOG POSE



I am a swimmer.

LOCUST POSE



I am a sea star.

RESTING POSE

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Beach Yoga Poses
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HALLOWEEN YOGA



I am a ghost.

MOUNTAIN POSE



I see the moon.

EXTENDED MOUNTAIN POSE



I am a crooked tree.

TREE POSE



I am a witch on a broom.

CHAIR POSE



I am a bat.

STANDING FORWARD BEND

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