

# ELEPHANT POSE

**(WIDE-LEGGED STANDING  
FORWARD BEND)**



I have a strong body.

# BAT POSE

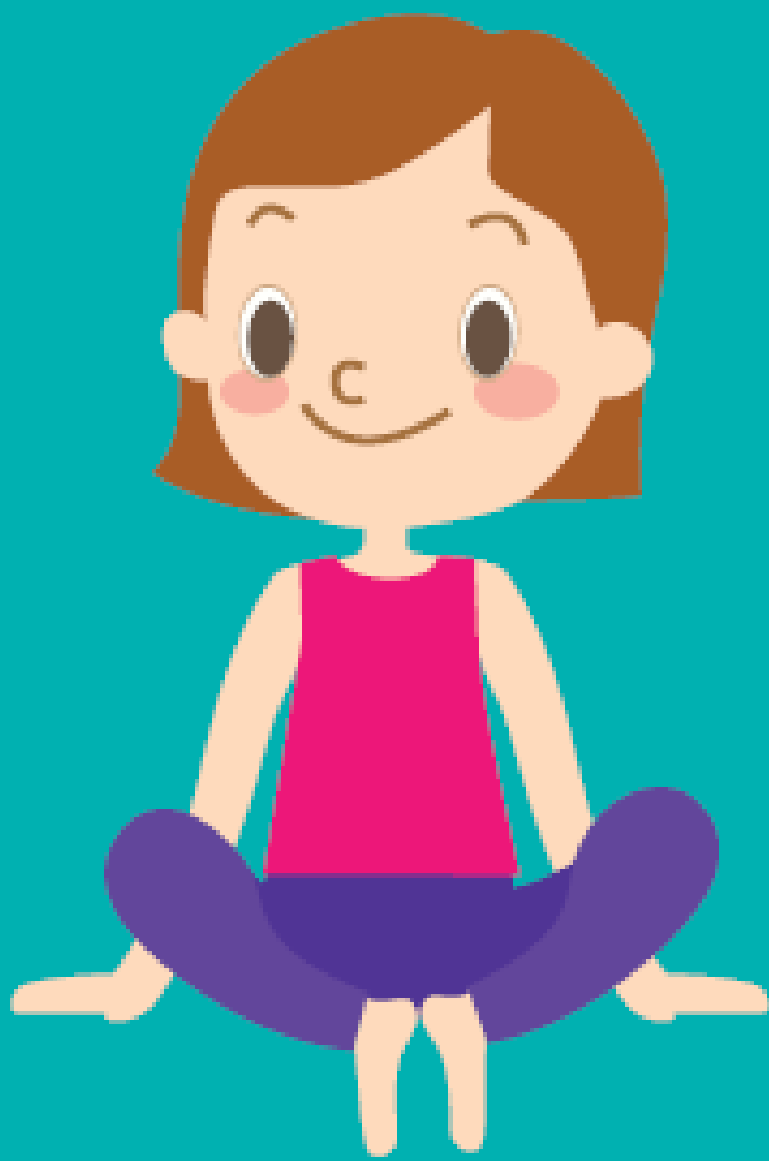
## (FORWARD BEND)



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

# BUTTERFLY POSE

(BUTTERFLY POSE)



I am unique.

# COW POSE

(COW POSE)



I am kind.

# COBRA POSE

## (COBRA POSE)



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

# CROCODILE POSE

## (PLANK)



I am calm.

CROCODILE POSE

# FLAMINGO POSE

(TREE POSE)



I am beautiful.

# **GIRAFFE POSE**

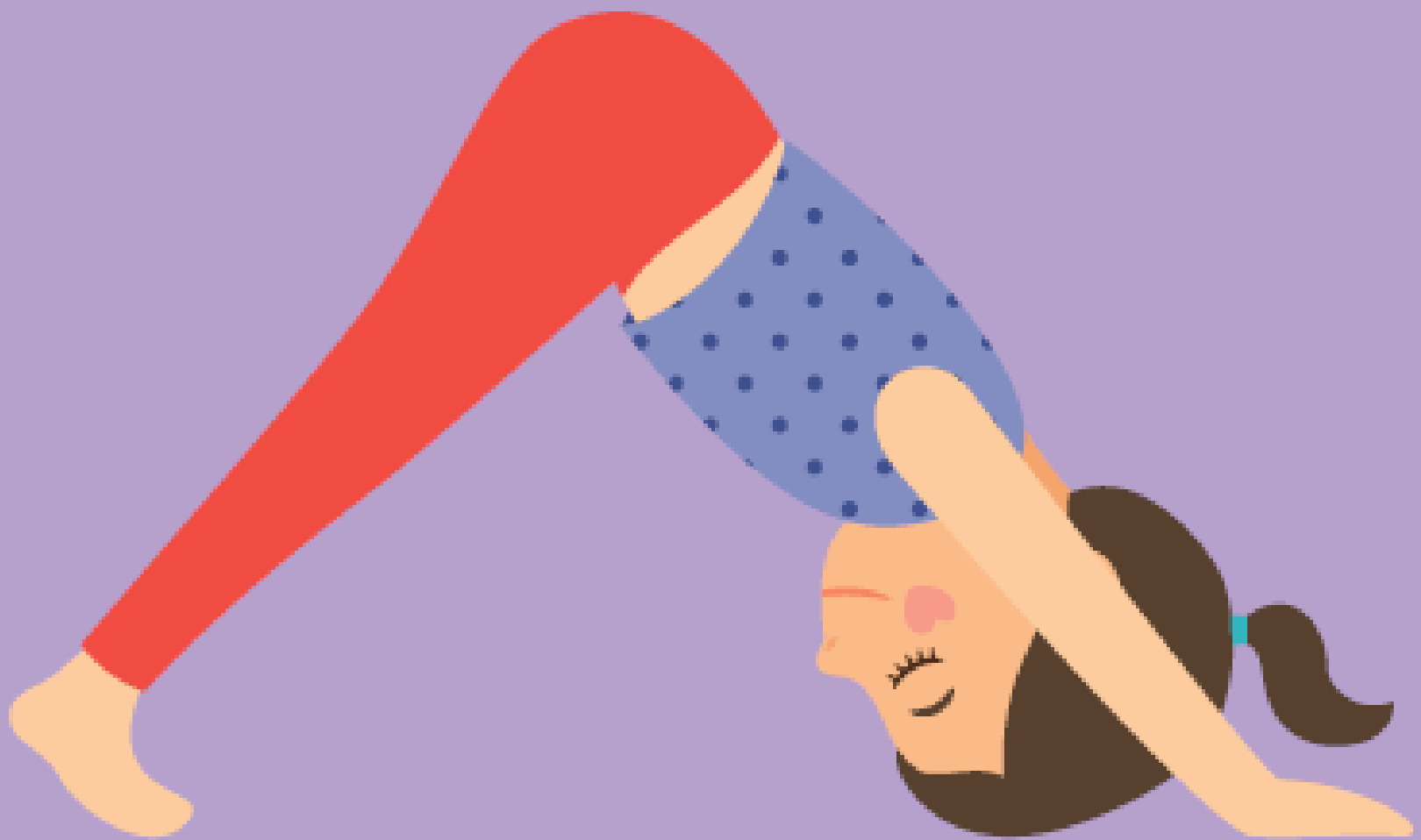
## **(EXTENDED MOUNTAIN POSE)**



I reach for the stars.

# PUPPY POSE

## (DOWNWARD-FACING DOG)



I am friendly.

# **RHINO POSE**

## **(TRIANGLE FORWARD BEND)**



I am a leader.

# TIGER POSE

(CAT POSE)



I am brave.

# TURTLE POSE

## (CHILD'S POSE)



I am patient.