

TURTLE POSE

(CHILD POSE)



I am patient.

TIGER POSE

(CAT POSE)



I am brave.

RHINO POSE

(TRIANGLE FORWARD BEND)



I am a leader.

PUPPY POSE

(DOWNWARD FACING DOG)



I am friendly.

GIRAFFE POSE

(EXTENDED MOUNTAIN POSE)



I reach for the stars.

FLAMINGO POSE

(TREE POSE)



I am beautiful.

CROCODILE POSE

(PLANK)



I am calm.

COW POSE

(COW POSE)



I am kind.

COBRA POSE

(COBRA POSE)



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

BUTTERFLY POSE

(BUTTERFLY POSE)



I am unique.

BAT POSE

(FORWARD BEND)



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

ELEPHANT POSE

WIDE-LEGGED FORWARD BEND



I have a strong body.