

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

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

CALM DOWN YOGA for kids



I am strong.

WARRIOR 2 POSE



I am kind.

TREE POSE



I am brave.

CHAIR POSE



I am friendly.

DOWNWARD-FACING DOG POSE



I am wise.

HERO POSE