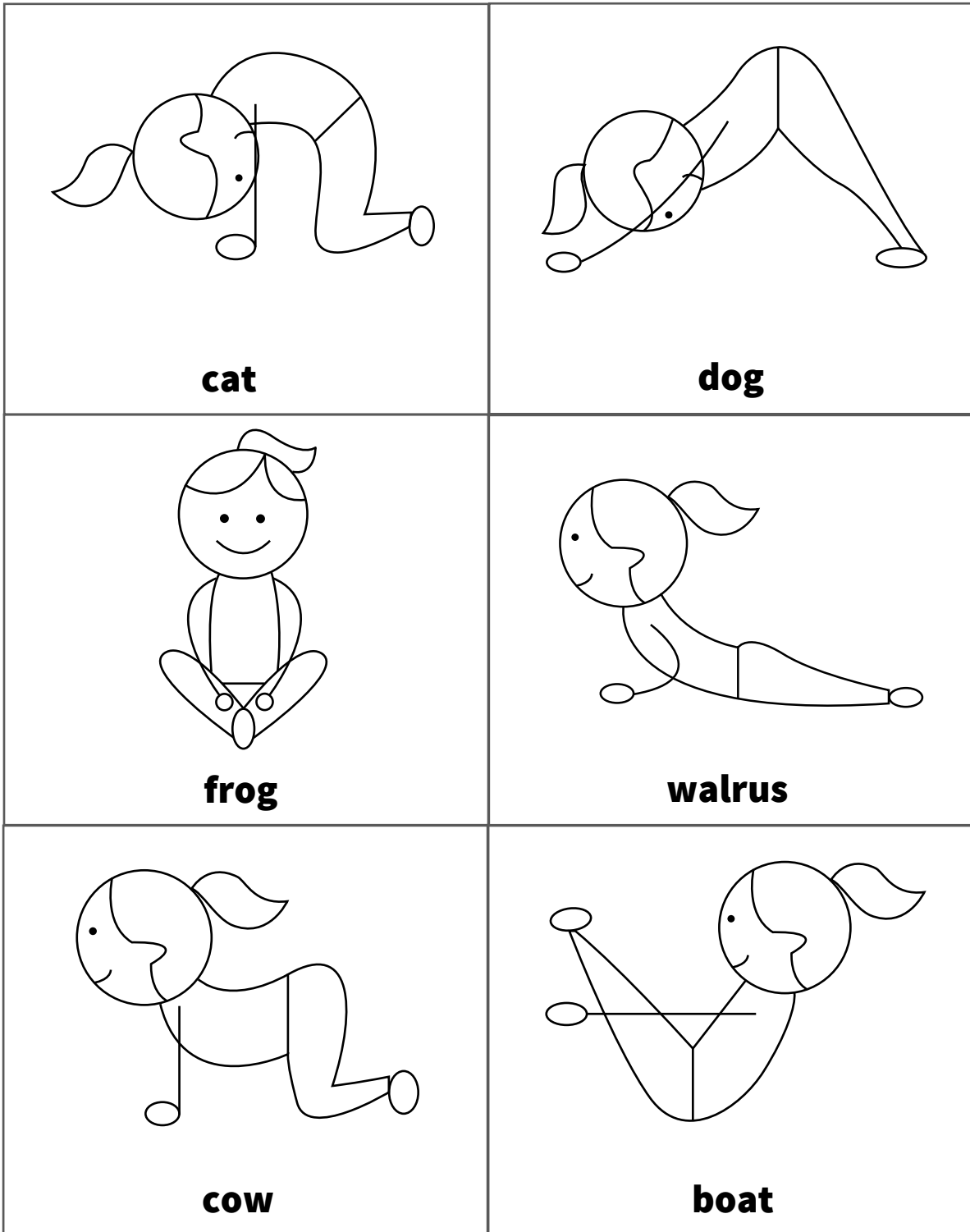


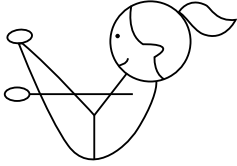

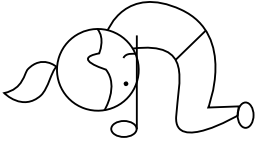
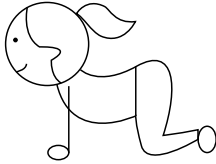
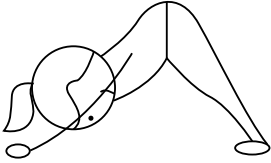
## Yoga Poses Chart

**Instructions:** Post the yoga poses so children can practice the poses with a partner during free time.



## Yoga Poses Chart Description

**Instructions:** These descriptions reflect the poses in the Yoga Poses Chart. Feel free to rename poses, practice different poses, or adjust the descriptions.

<p><b>Boat</b></p> <p>Sit on the floor. Raise your legs and rock like a boat in the water.</p> 	<p><b>Frog</b></p> <p>Sit up straight. Hug your legs to your chest and with your arms. Grab your feet and spread your knees out like a frog.</p> 
<p><b>Cat</b></p> <p>Begin on your hands and knees. Move your hands out in front of you. Lift your back and round it out like an angry cat.</p> 	<p><b>Cow</b></p> <p>Put your hands and knees on the floor. Move your hands and knees out so they are at the gentle angles. Keep your back flat and keep your head up.</p> 
<p><b>Dog</b></p> <p>Stand up. Then bend down and place your palms flat on the floor. Step your feet back to create an upside-down V shape. Straighten your legs, and look down between your legs.</p> 	<p><b>Walrus</b></p> <p>Lay on your stomach. Lift your body and angle your arms out in front of you. Lift your head and look around like a walrus.</p> 