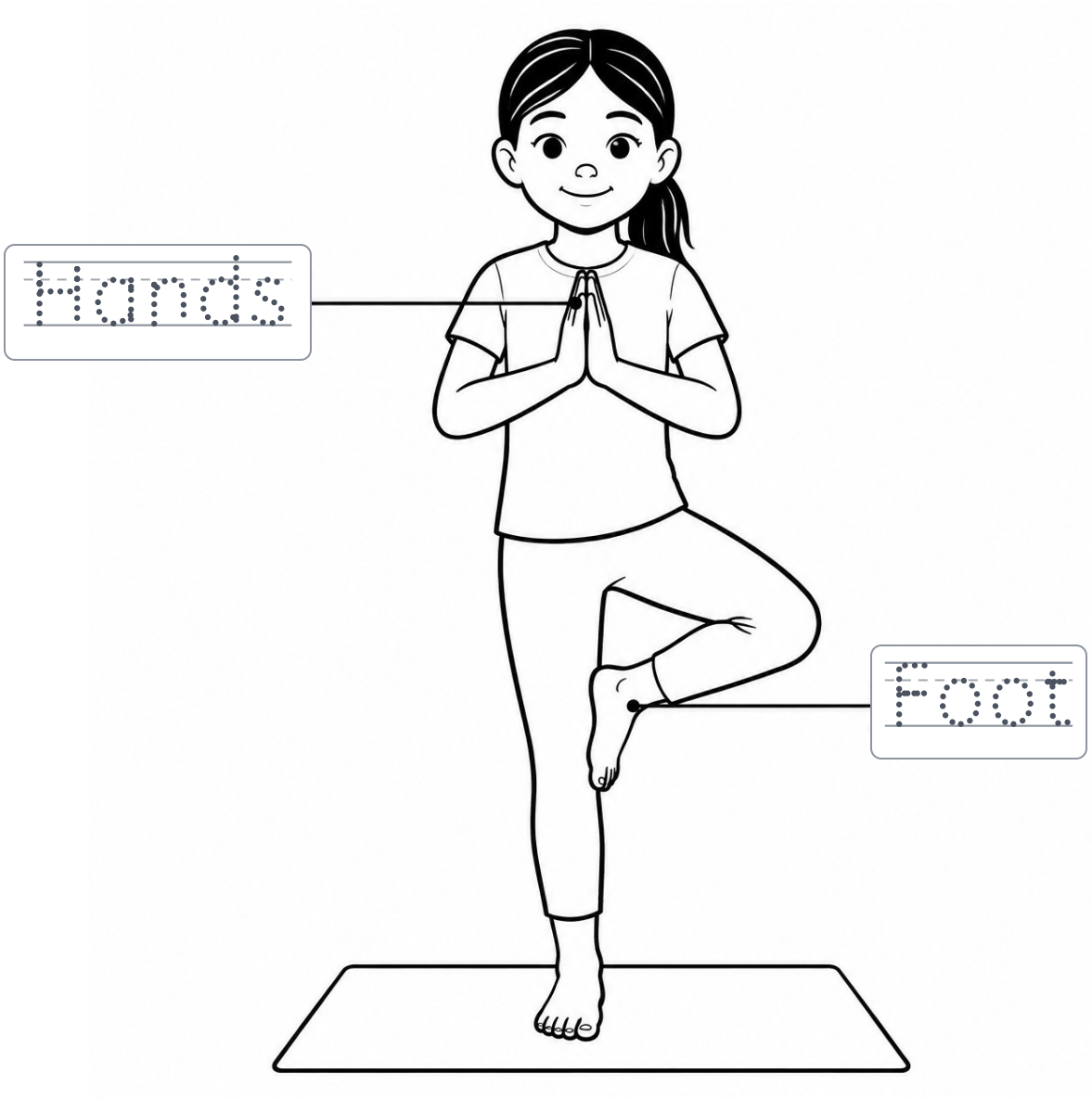
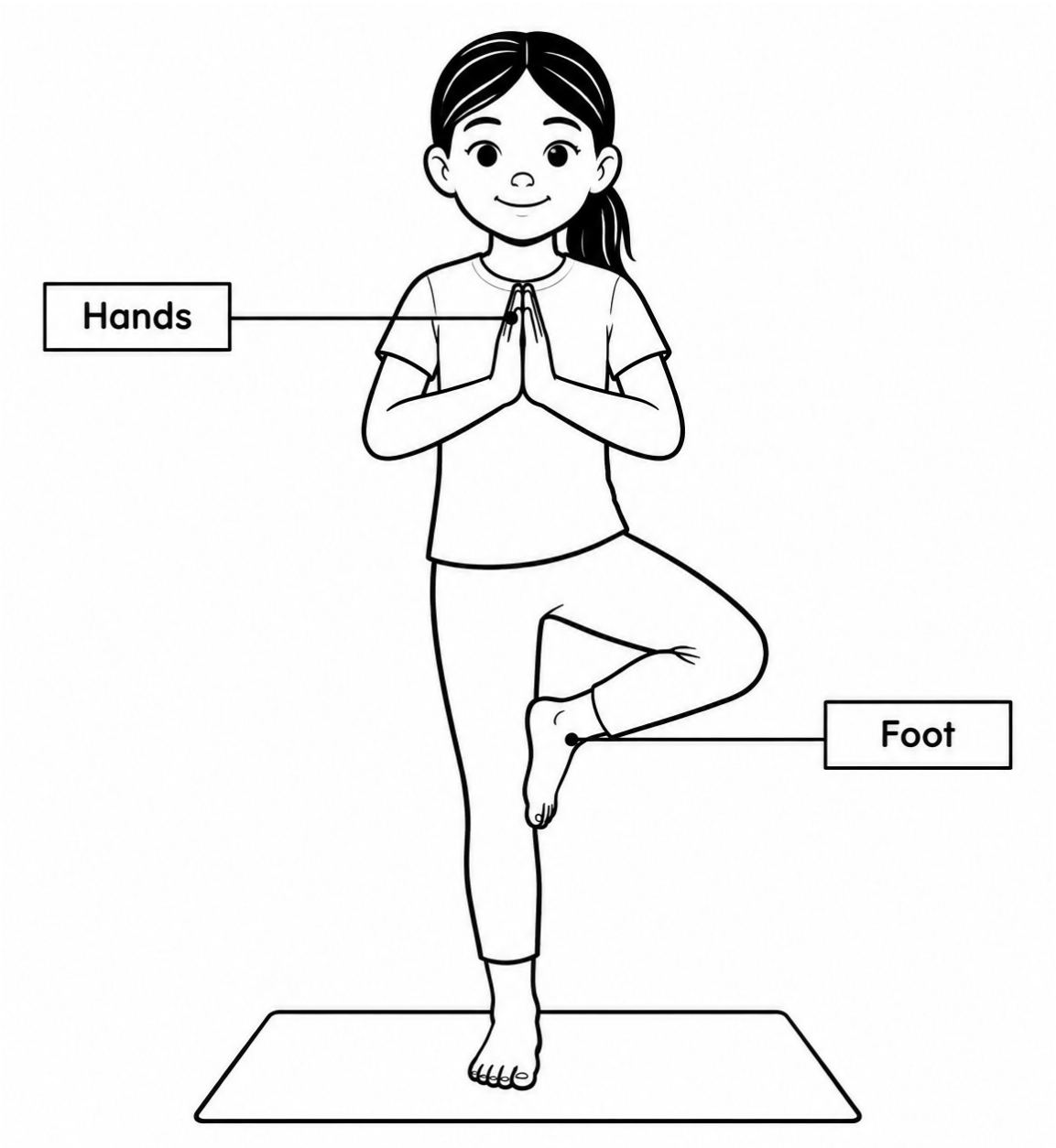
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Name _____ Date _____

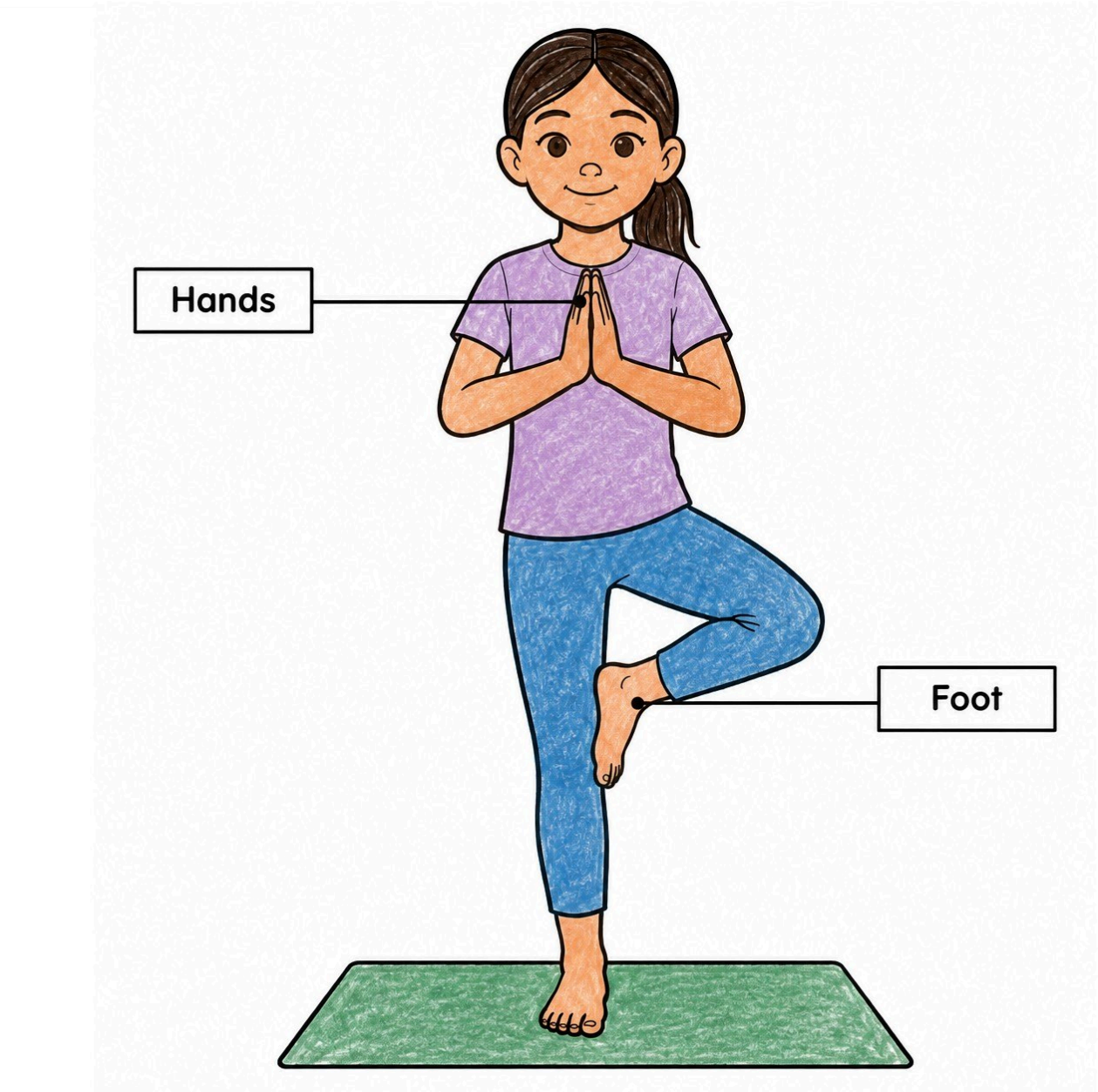
Tree Pose Basics



Tree Pose Basics



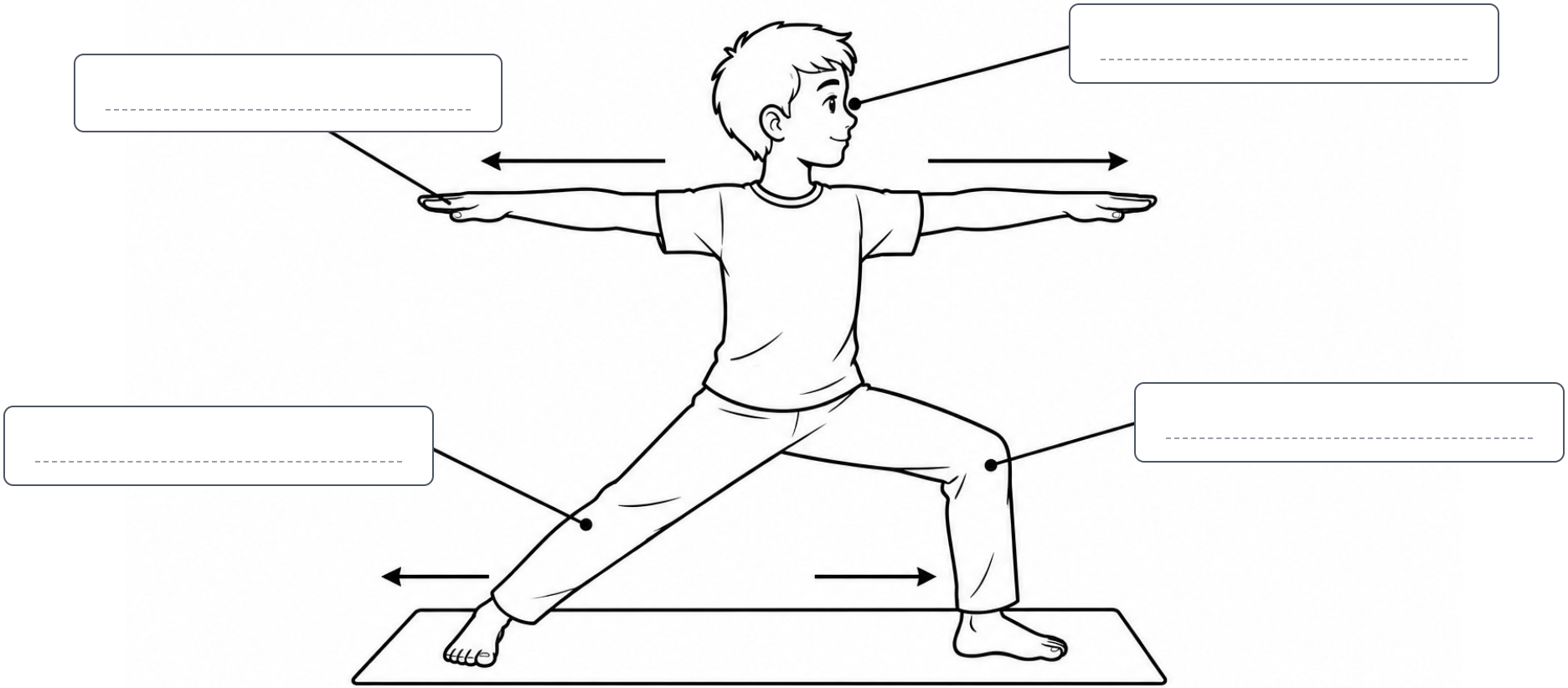
Tree Pose Basics



Write the missing words. Use the word bank.

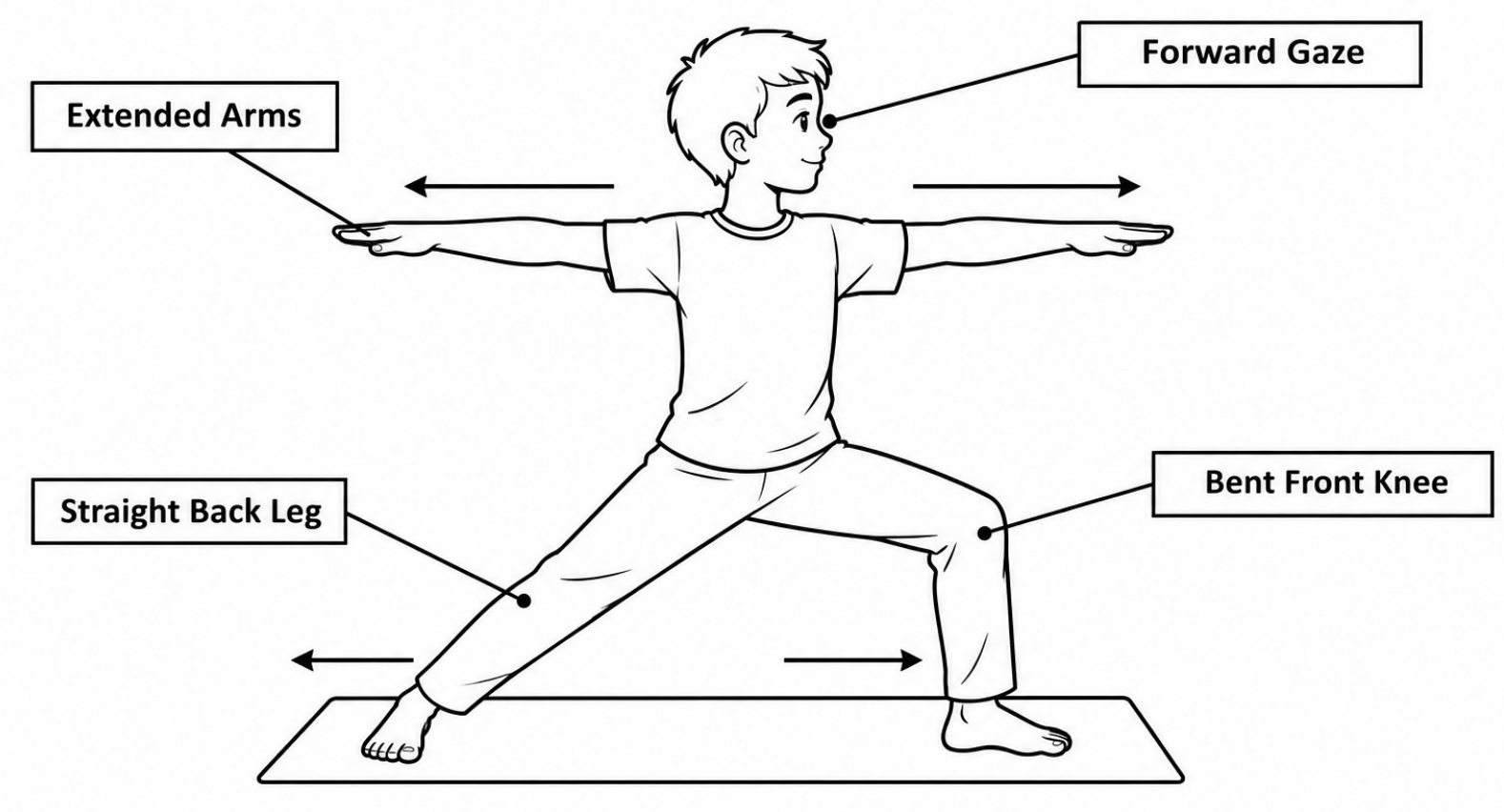
Name _____ Date _____

Warrior II Pose Alignment

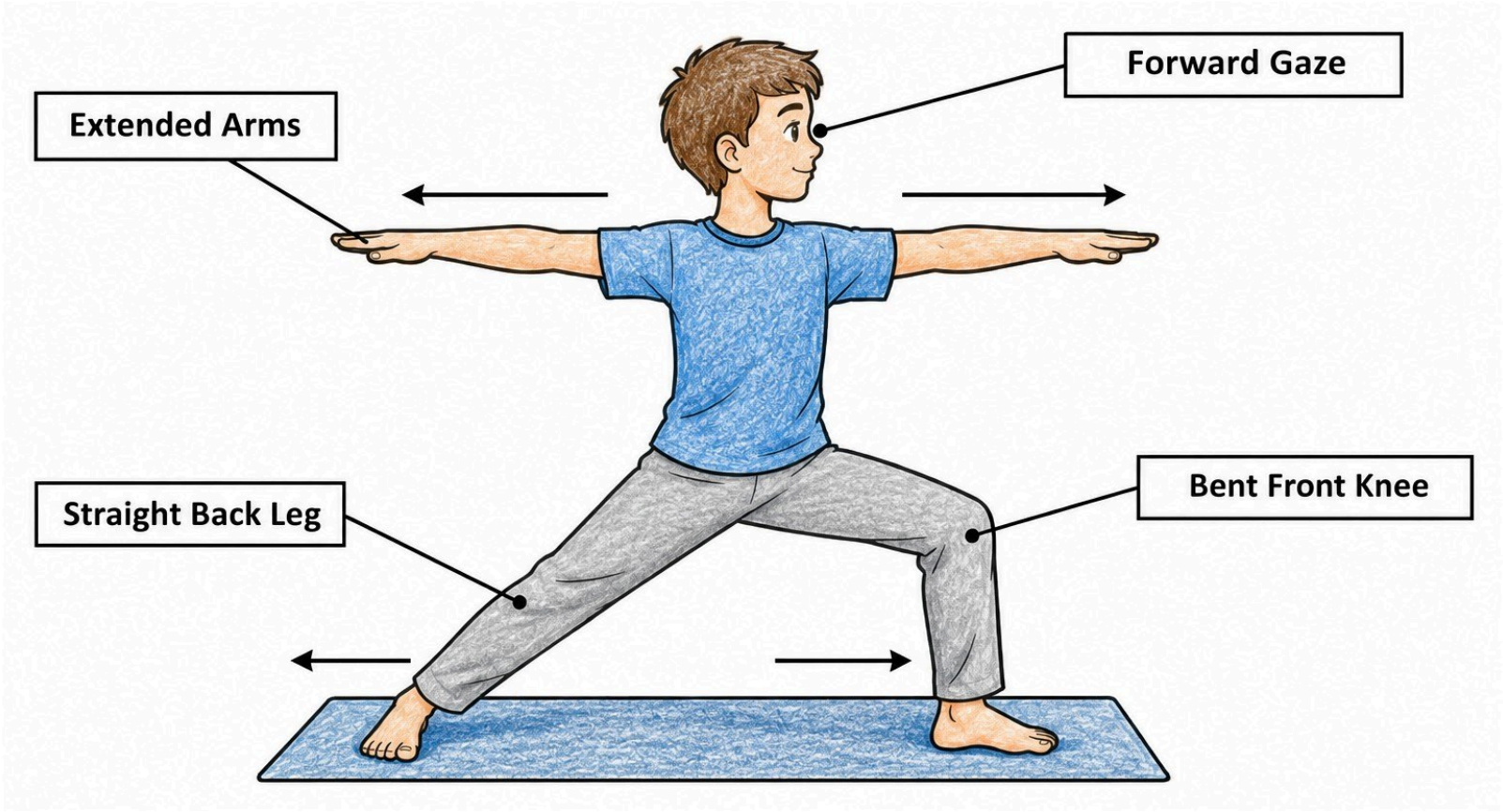


WORD BANK Forward Gaze • Straight Back Leg • Extended Arms • Bent Front Knee

Warrior II Pose Alignment



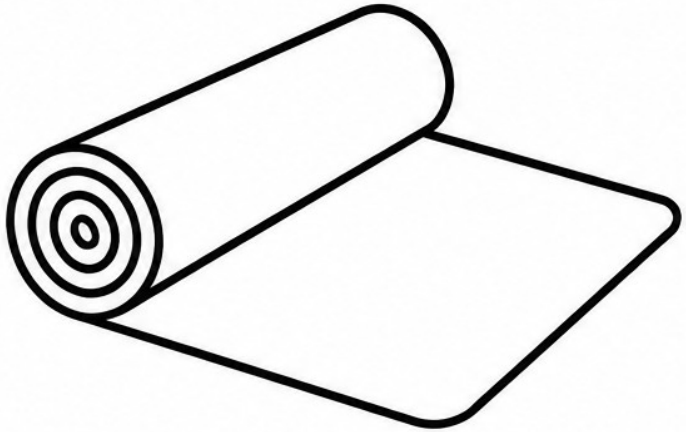
Warrior II Pose Alignment



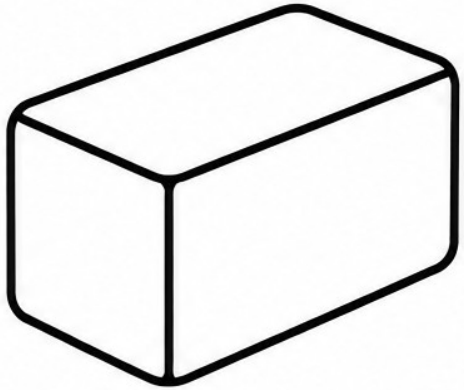
Trace the words. Then color the picture.

Name _____ Date _____

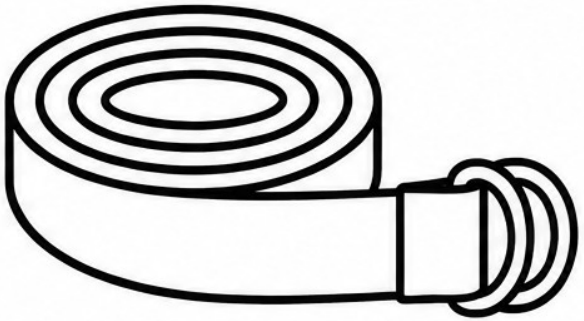
Basic Yoga Gear



Mat

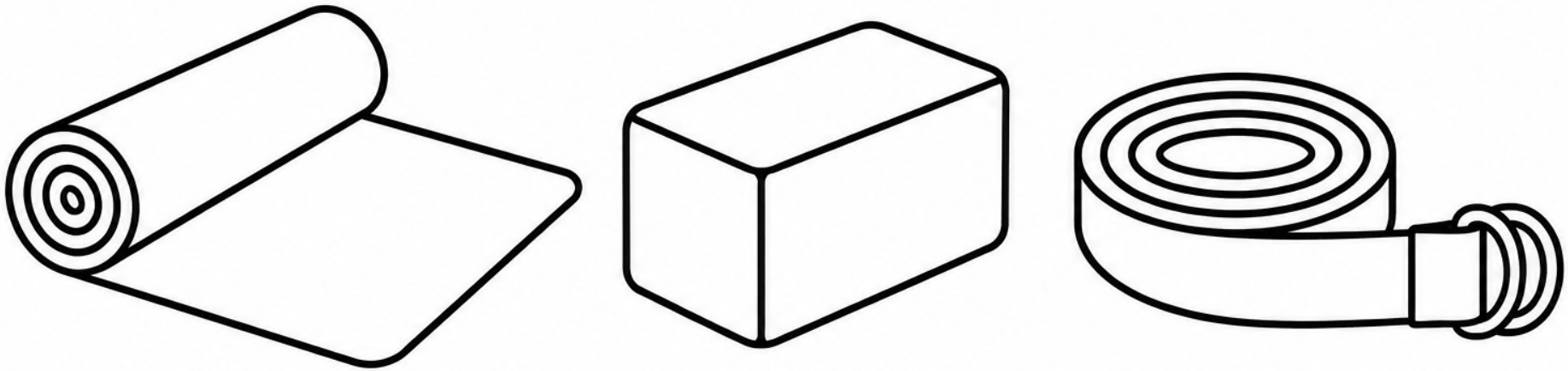


Block



Strap

Basic Yoga Gear

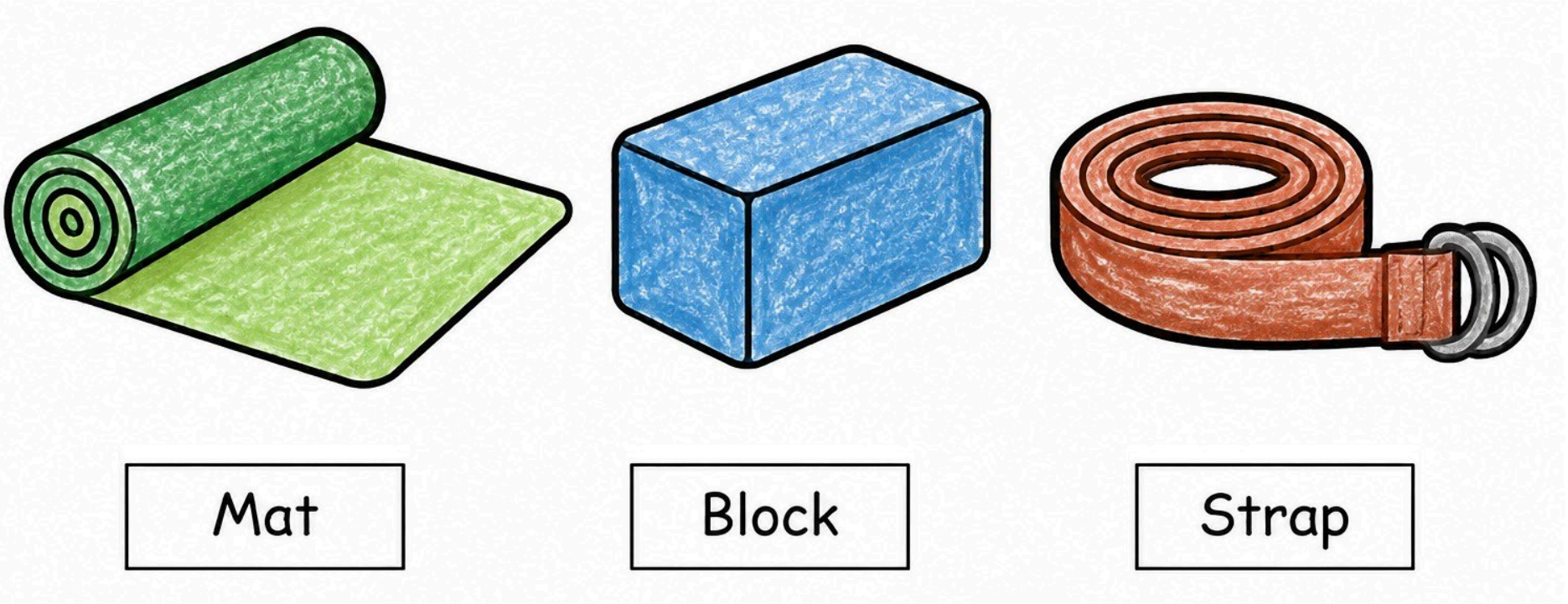


Mat

Block

Strap

Basic Yoga Gear



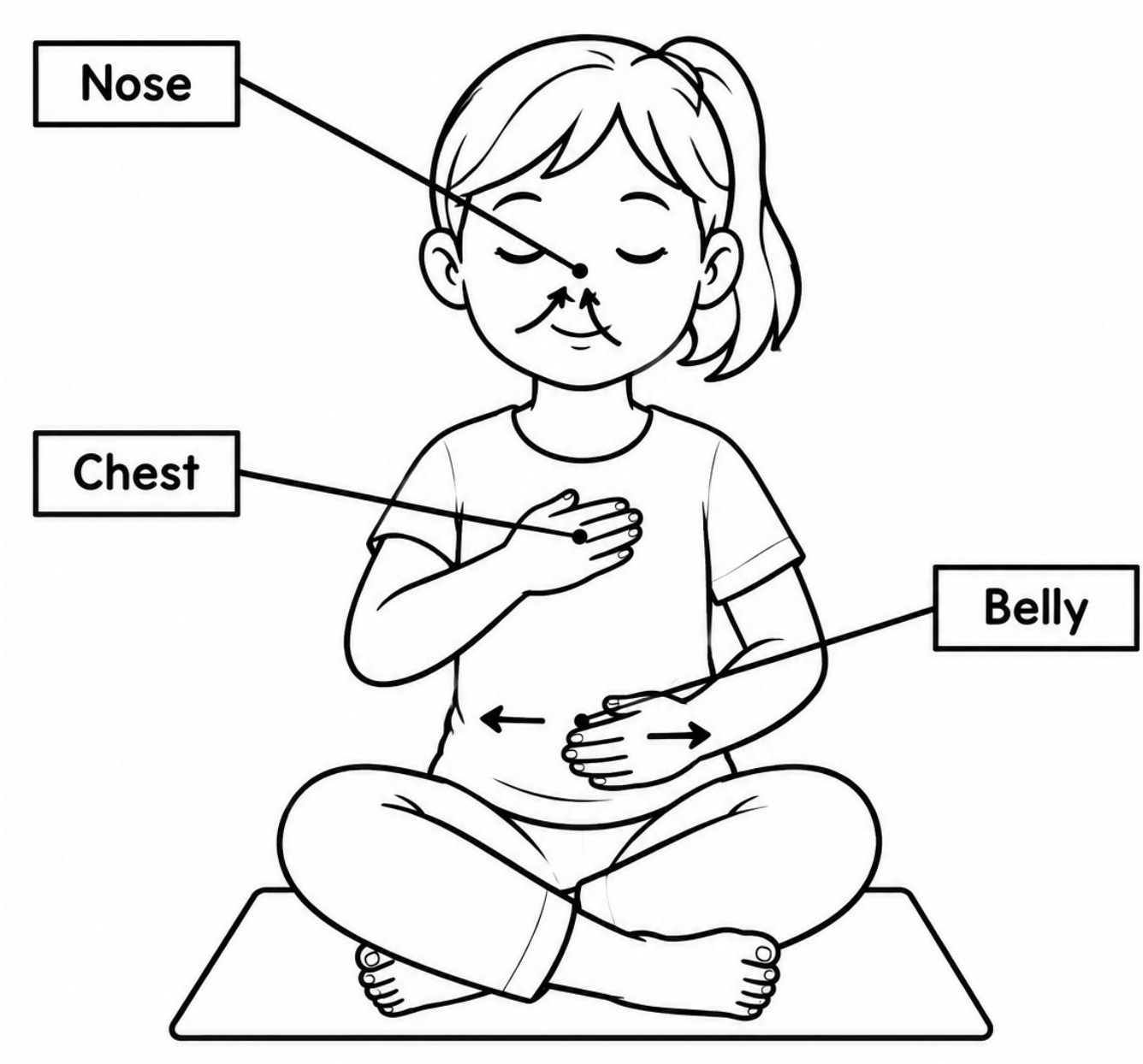
Trace the words. Then color the picture.

Name _____ Date _____

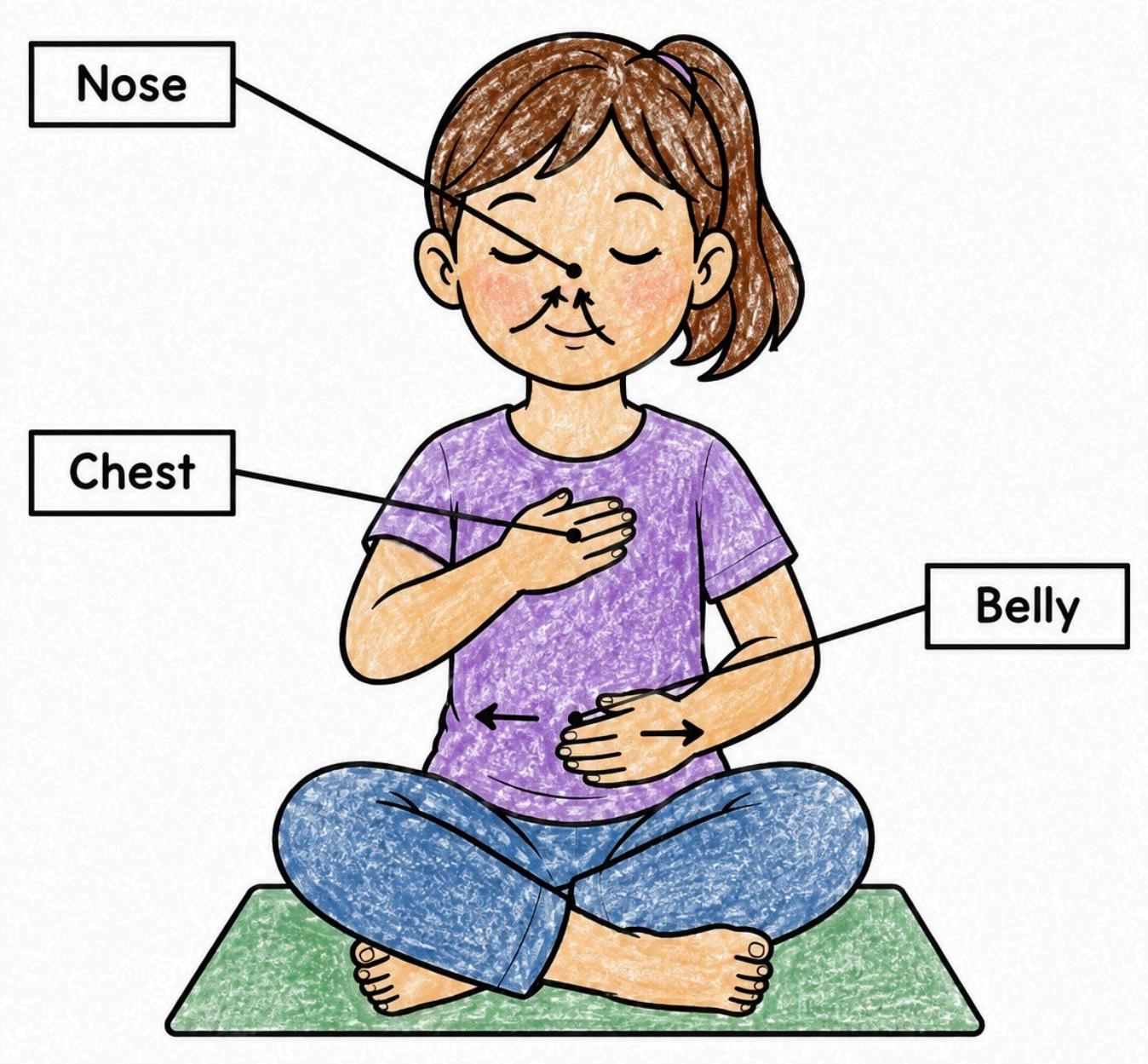
Mindful Belly Breathing



Mindful Belly Breathing



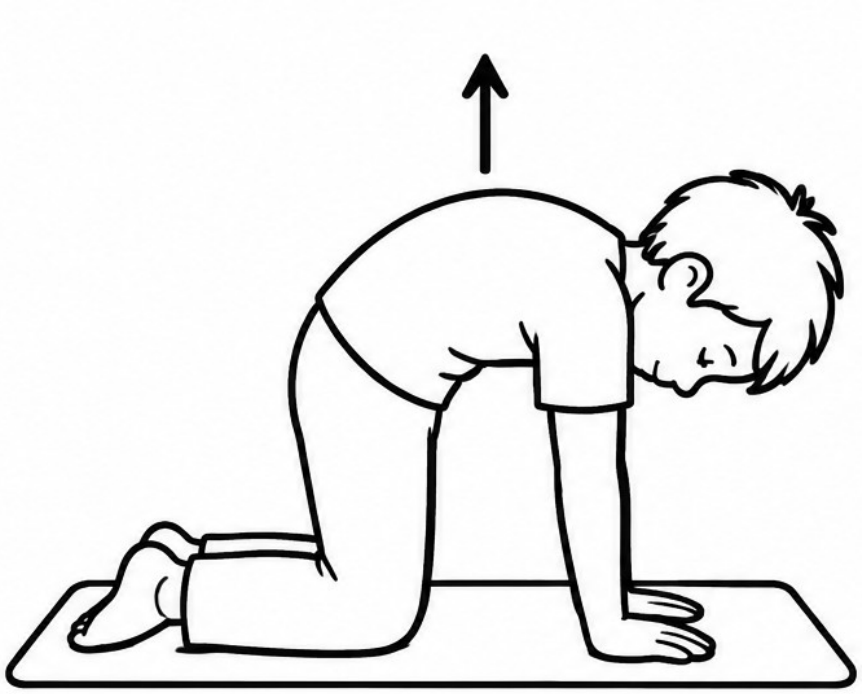
Mindful Belly Breathing



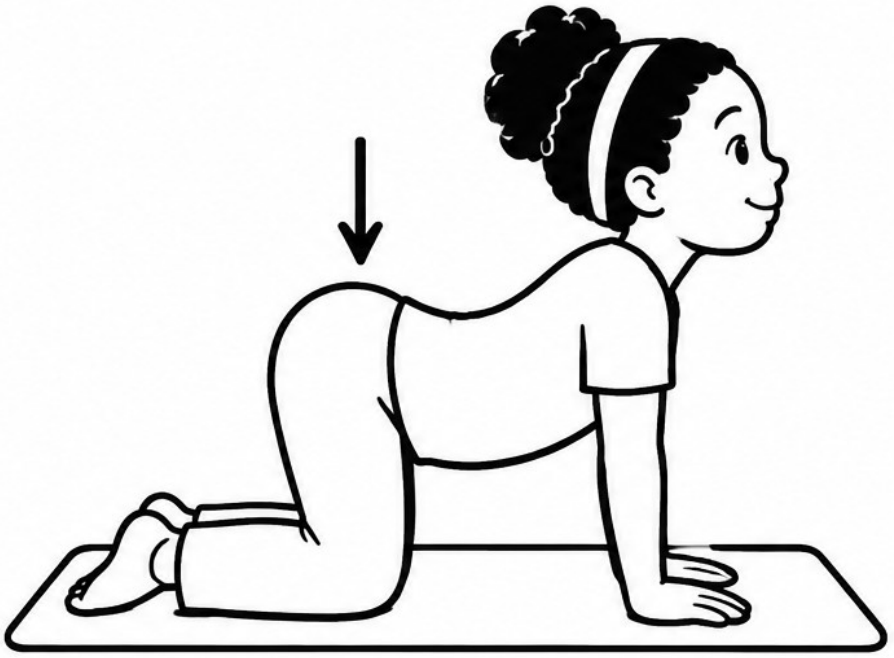
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Name _____ Date _____

Cat and Cow Poses

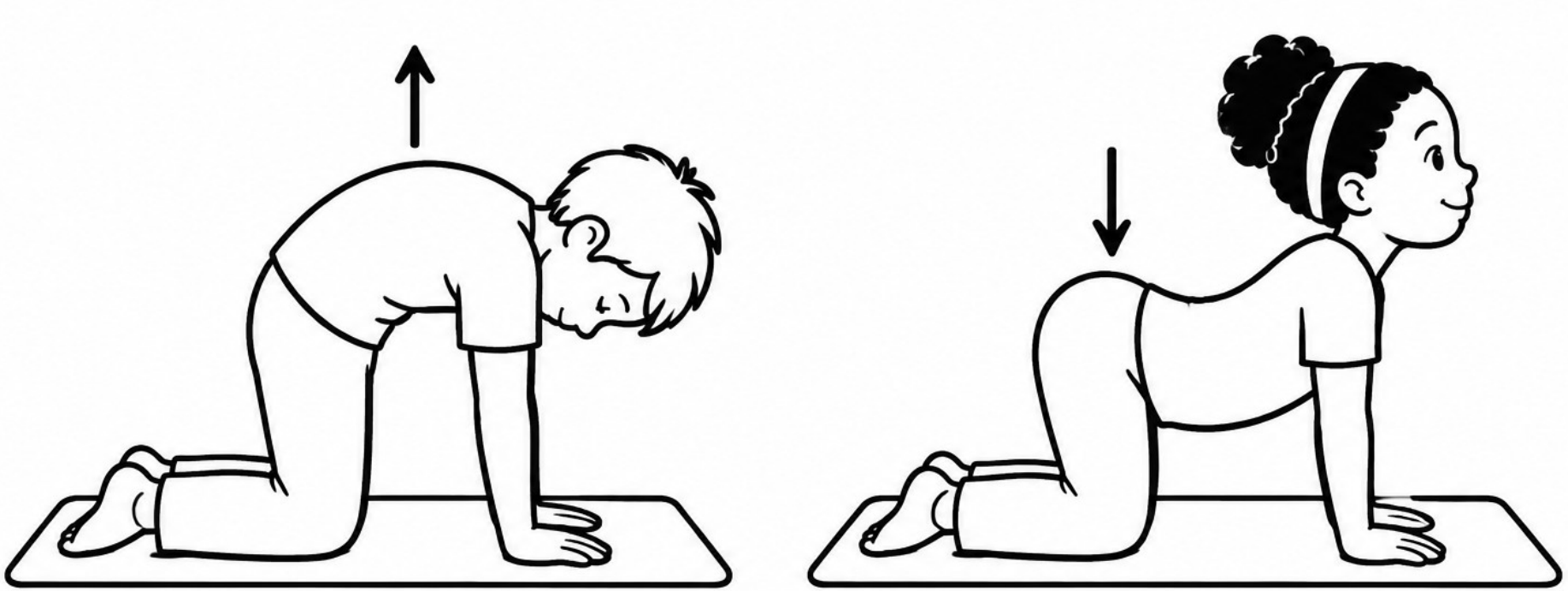


Cat Pose



Cow Pose

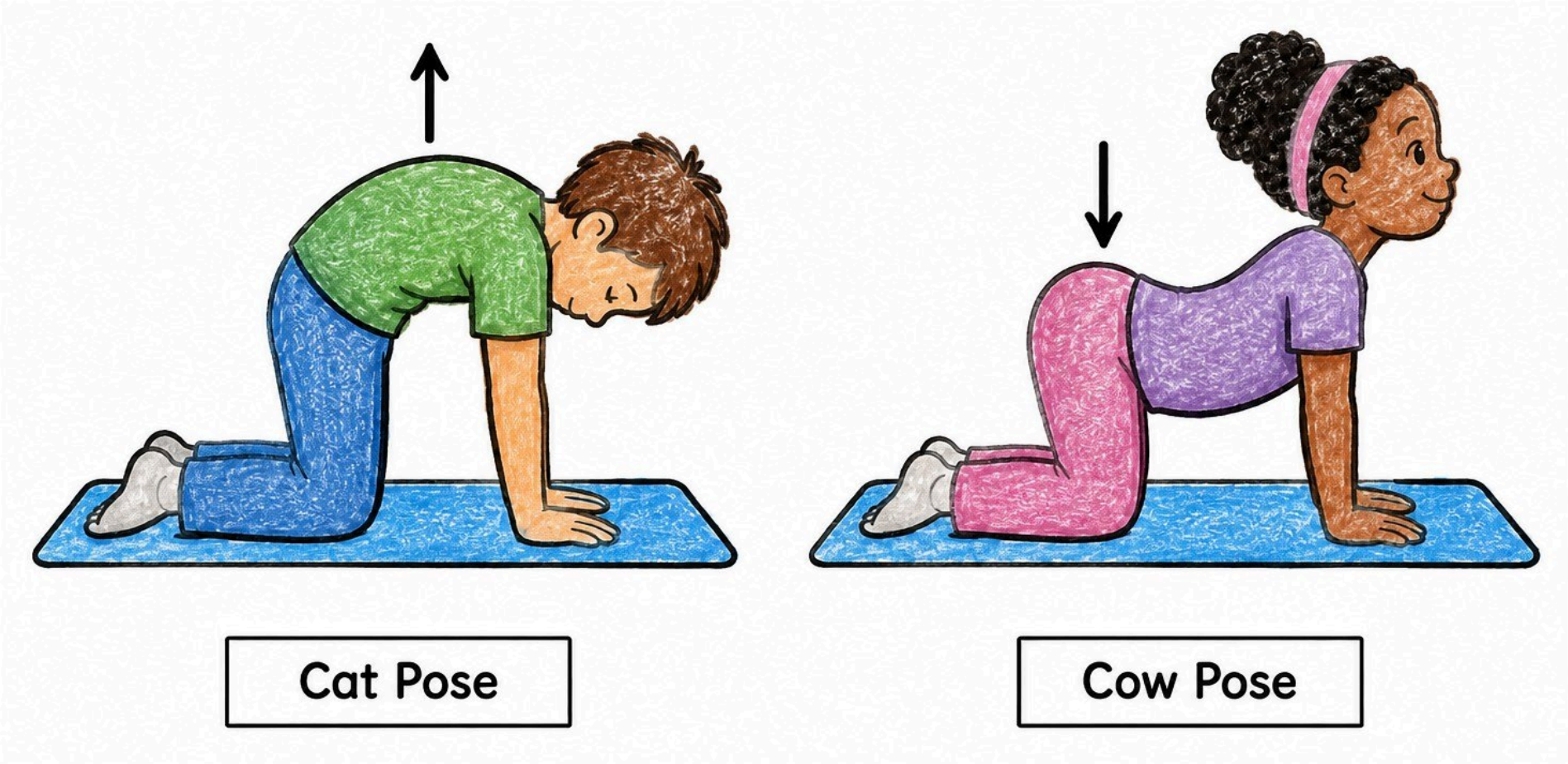
Cat and Cow Poses



Cat Pose

Cow Pose

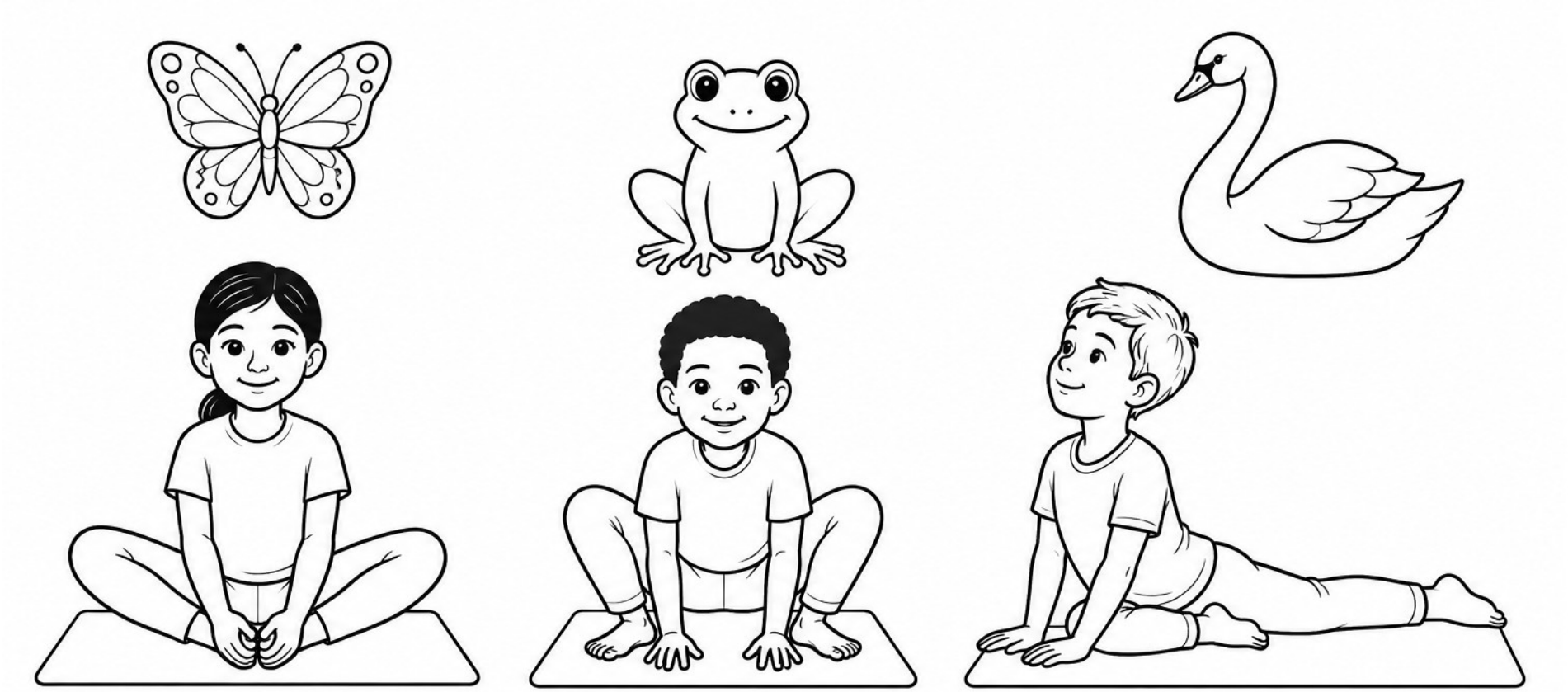
Cat and Cow Poses



Write the missing words. Use the word bank.

Name _____ Date _____

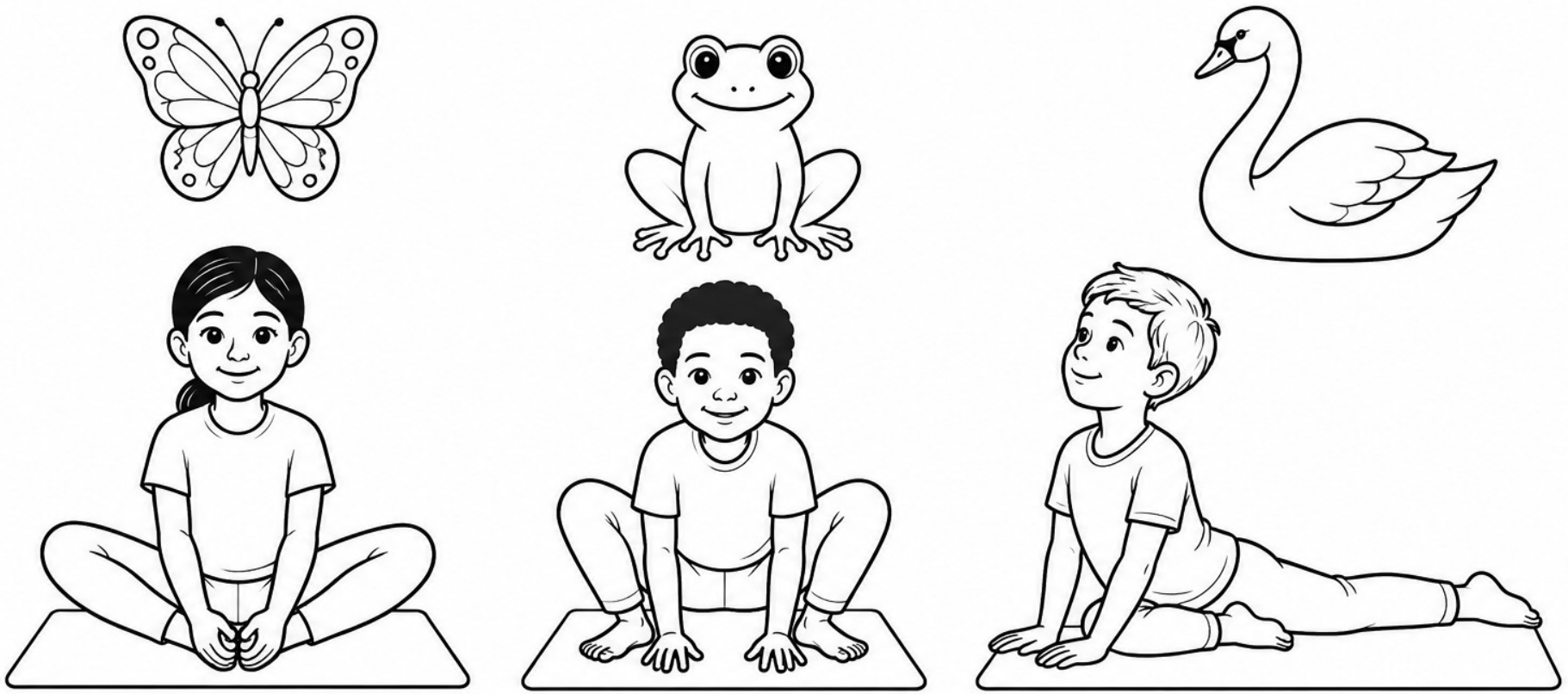
Animal Yoga Poses



_____	_____	_____

WORD BANK Frog Pose • Swan Pose • Butterfly Pose

Animal Yoga Poses

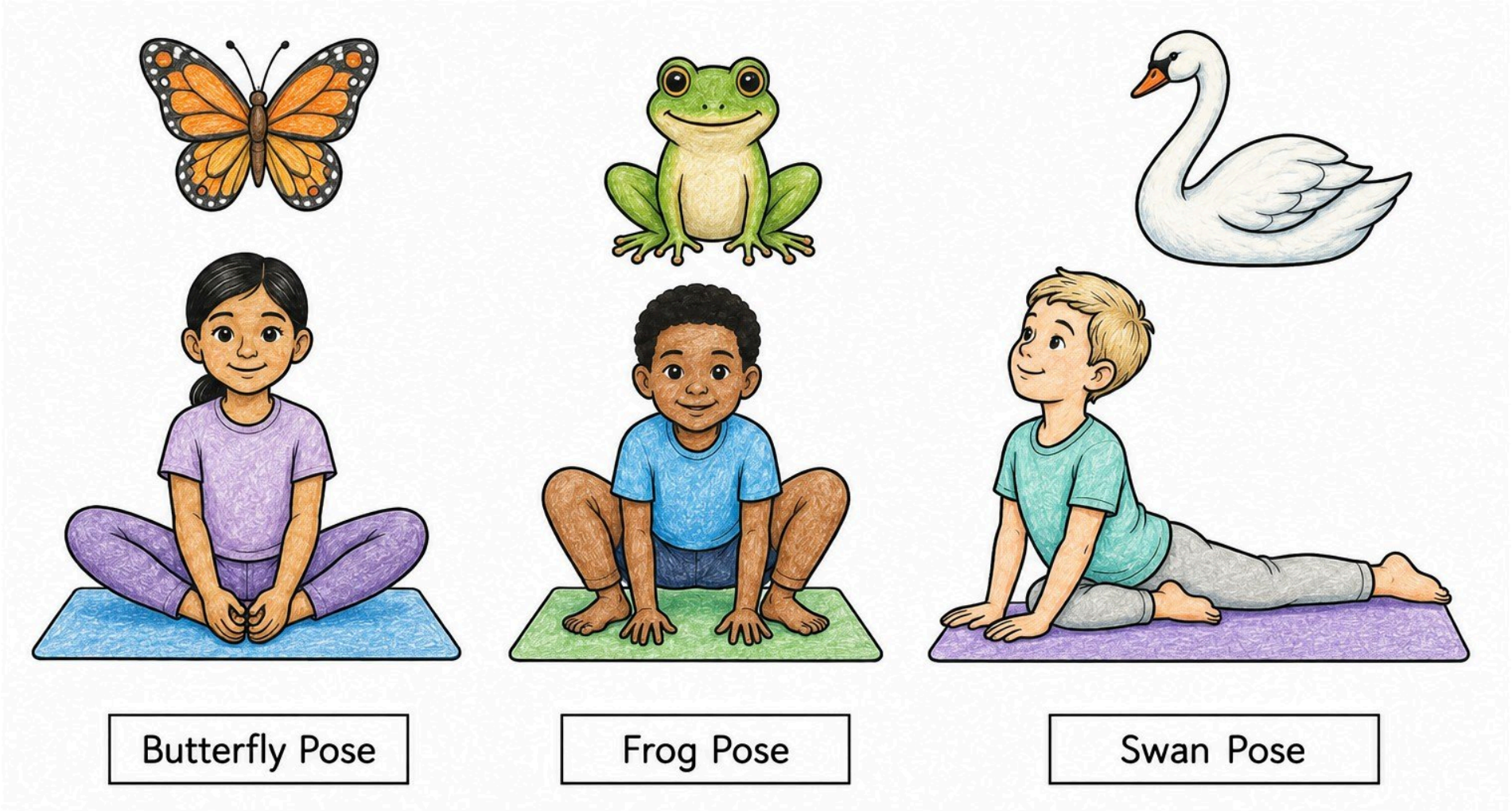


Butterfly Pose

Frog Pose

Swan Pose

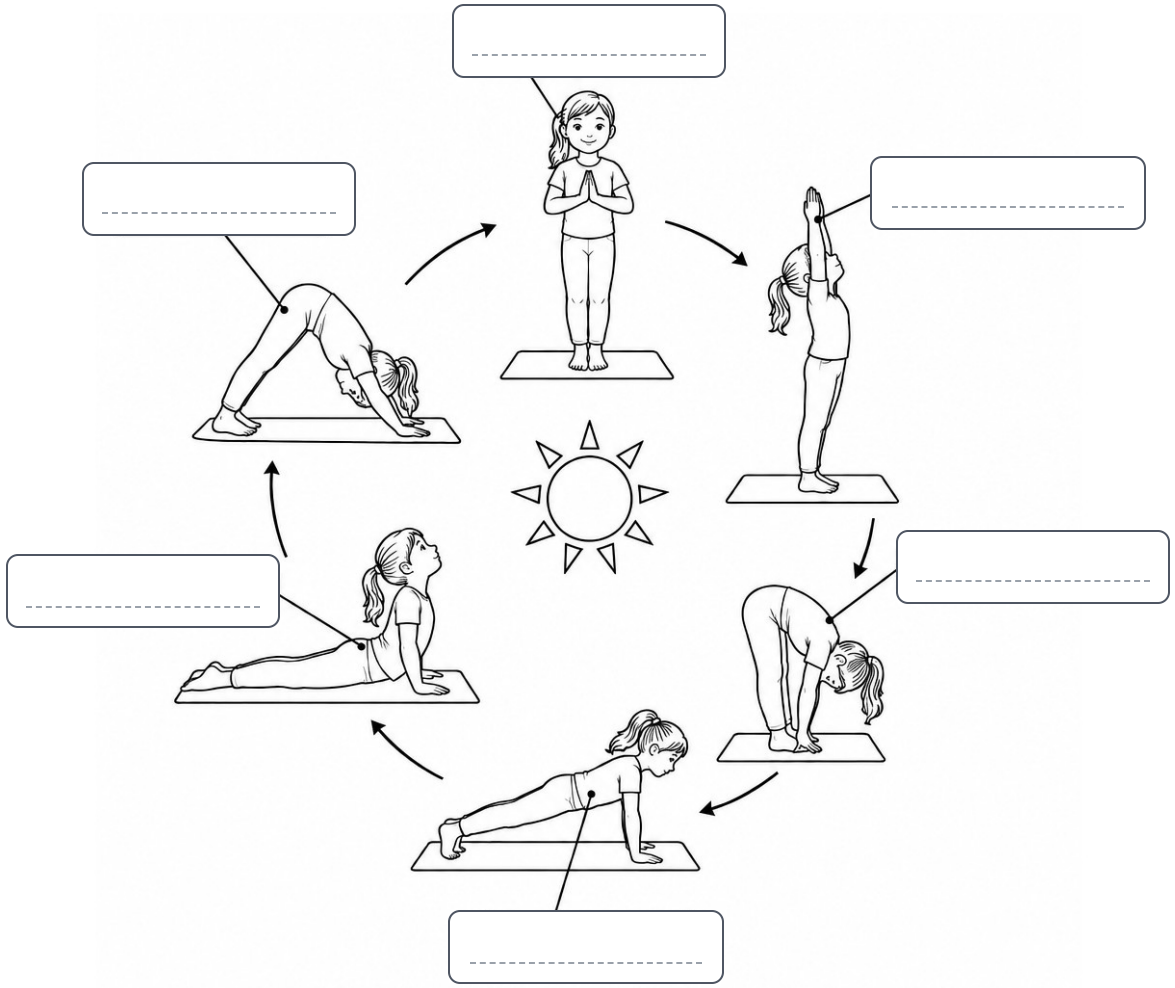
Animal Yoga Poses



Write the missing words. Use the word bank.

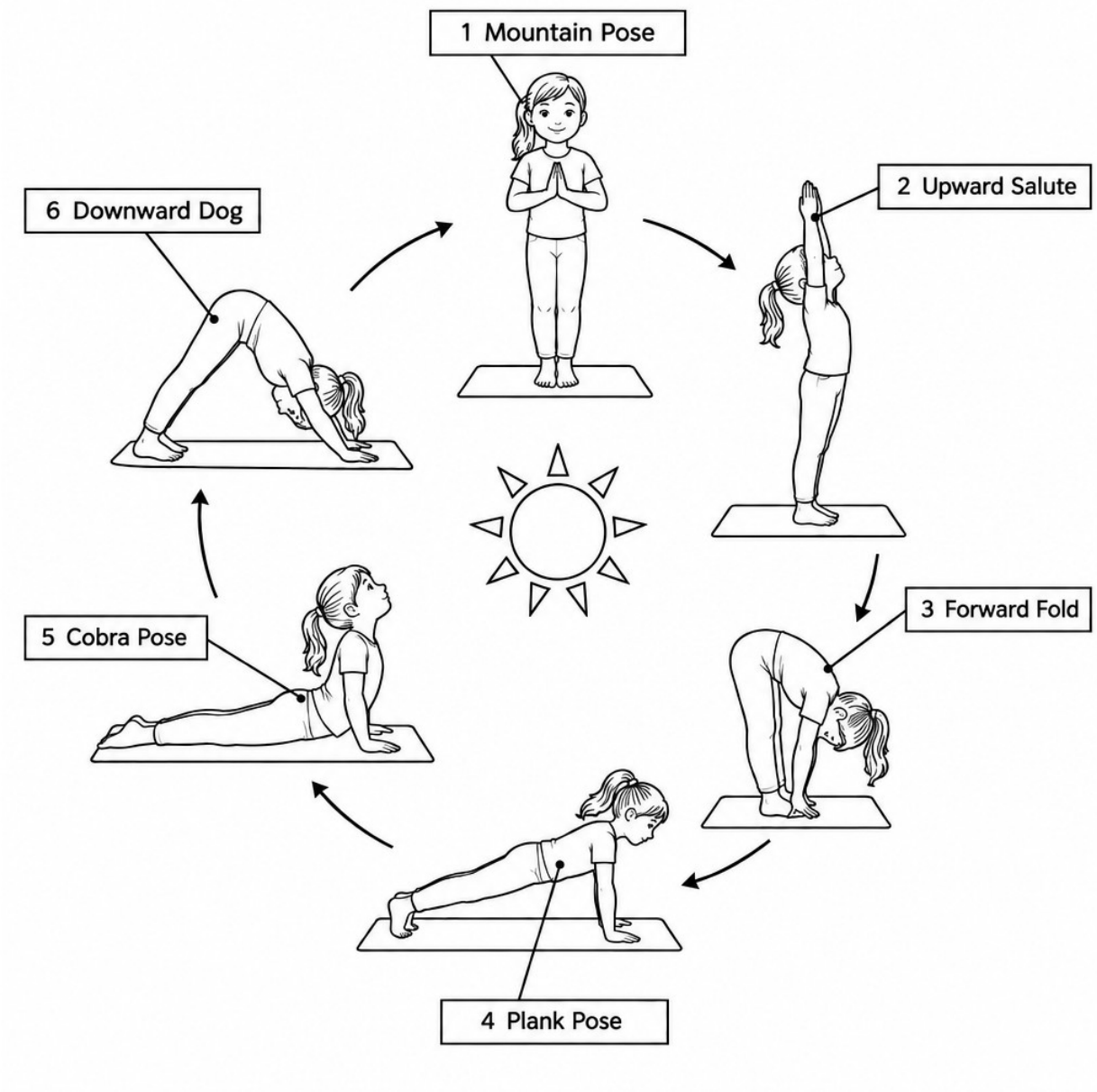
Name _____ Date _____

Sun Salutation Sequence



WORD BANK 1 Mountain Pose • 2 Upward Salute • 4 Plank Pose • 5 Cobra Pose • 3 Forward Fold • 6 Downward Dog

Sun Salutation Sequence



Sun Salutation Sequence

