

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

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

Unicorn Yoga

5 fun unicorn yoga poses for kids



1. Shine like
the **SUN**.

2. Pretend to be
a **UNICORN**.



3. Flutter like
a **BUTTERFLY**.



4. Blossom like
a **FLOWER**.



5. Create
a **RAINBOW**.

