

Yoga and Animal Walks:

A Parent's Guide to Physical Activity

This resource-teaching tool intended for educational purposes only. Not for resale. Download, use, and changes are the responsibility of the end user. TOOLKIT4PE.com™



Watch and Copy- Hold for 20 seconds each

Find more resources and videos at:

<http://www.cosmickids.com/>

Hello Sun Pose



HELLO SUN

Chair Pose



CHAIR

Flying Pose



FLYING

Lobster Pose



LOBSTER

Surfer or Warrior II Pose



SURFER

Road Runner Pose



ROAD RUNNER

Ragdoll Pose



RAGDOLL

Bridge Pose



BRIDGE

Boat Pose



Cat Pose



Dog Pose



DOG

Sandwich Pose



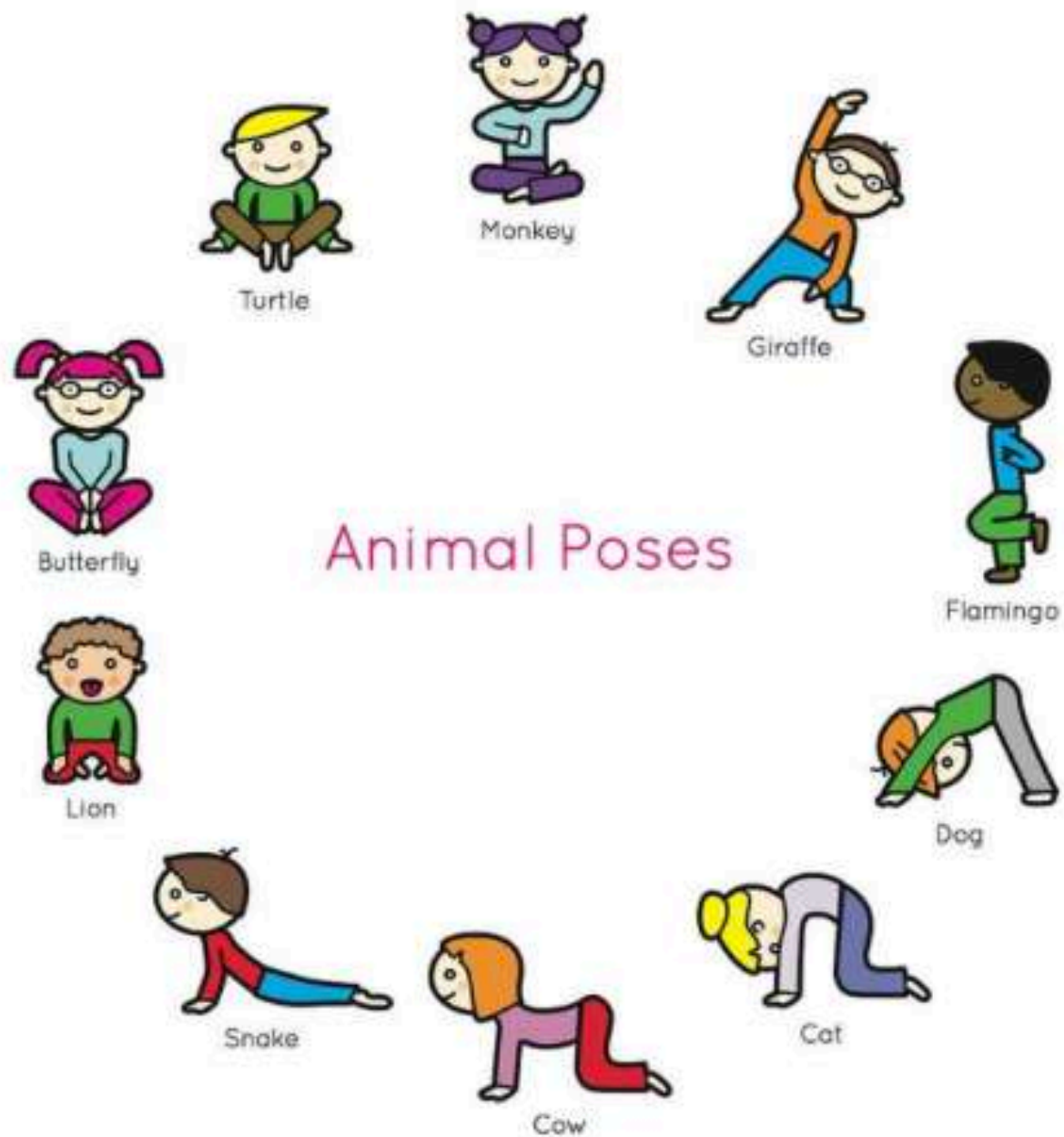
SANDWICH

Namaste Pose



NAMASTE!

Animal walks, poses & stretches

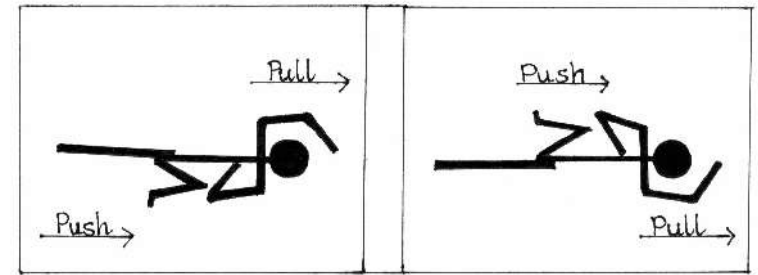


Bear Walk



Crab Walk





Army Crawl



Snake Crawl



Frog Jump



Butterfly Stretch

Knees move up and down (pretend you are a butterfly – where are you going to fly today?)

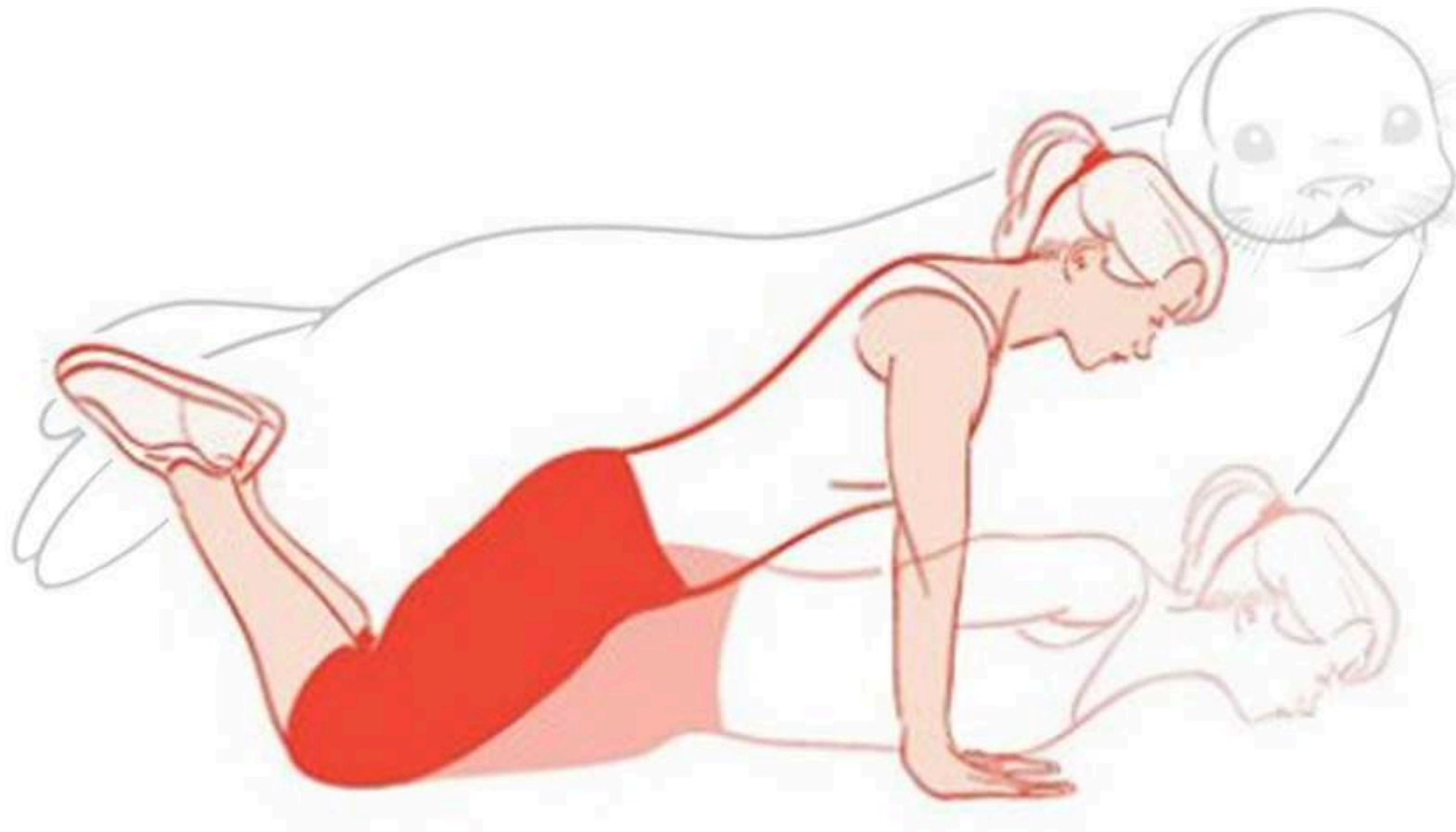


Shark Pose



Seal Pose

Push-up on knees (pretend you are a seal – push-up to eat food then lower down into water)



Other resources

Adventures of Super Stretch <https://adventuresofsuperstretch.com/>