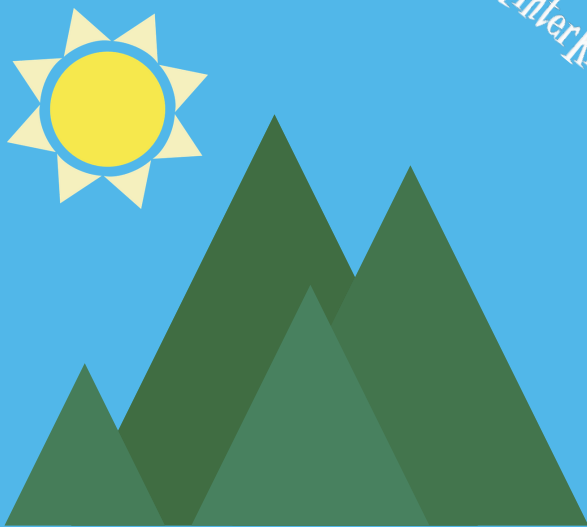


WinterKids



EXTENDED MOUNTAIN POSE

STANDING, WITH YOUR LEGS TOGETHER,
REACH UP TO THE SKY TO SAY,
"HELLO, SUN!"

WinterKids



STANDING FORWARD BEND

REACH UP, MOVE YOUR FINGERS LIKE
RAIN DROPS THAT ARE SLOWLY FALLING
FROM THE SKY DOWN TO THE GROUND.

WinterKids
SPRING YOGA CARDS

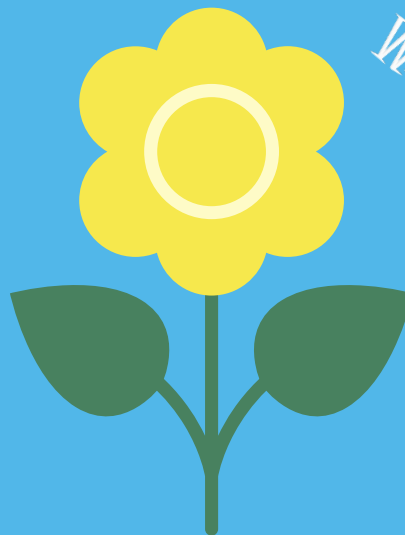
WinterKids



COBBLER'S POSE

SITTING WITH THE BOTTOMS OF YOUR FEET PRESSED TOGETHER. IMAGINE YOUR LEGS ARE BUTTERFLY WINGS, AND FLY!

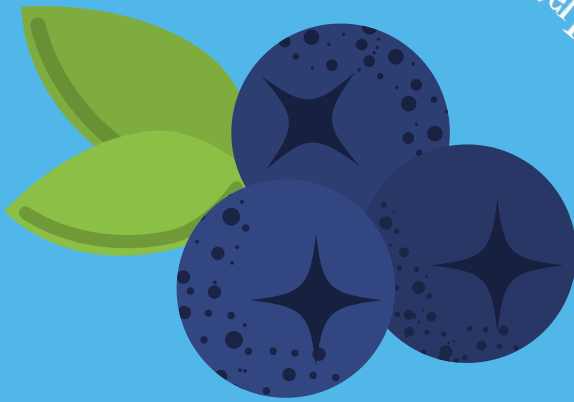
WinterKids



FLOWER POSE

FROM COBBLER'S POSE, WEAVE YOUR HANDS THROUGH THE SPACE IN YOUR LEGS AND PUT THEM UNDER YOUR ANKLES. HOLD ON TO YOUR ANKLES, LEAN BACK AND LIFT YOUR LEGS UP OFF THE GROUND.

WinterKids



SQUAT POSE

STEP FEET APART, SQUAT DOWN TO PICK
PLUMP BLUEBERRIES THAT ARE DOWN
LOW ON THE BLUEBERRY BUSH.

WinterKids



LOCUST POSE

TAKE A CLOSER LOOK AT THE BUGS YOU'VE FOUND!
LIE DOWN ON YOUR TUMMY WITH ARMS BENT AND
HANDS PRESSING ON THE GROUND. TRY
TO LIFT YOUR LEGS UP.

WinterKids



TREE POSE

STANDING, PRESS YOUR HANDS TOGETHER.
LIFT ONE FOOT AND REST IT ON THE OTHER LEG.
STAND STRONG AND TALL LIKE A TREE.

WinterKids



WARRIOR 3 POSE

STANDING, LEAN FORWARD, TURN YOUR ARMS INTO WINGS,
AND OPEN THEM UP TO FLY. LIFT ONE LEG UP BEHIND YOU
TO GROW TAIL FEATHERS AND TAKE FLIGHT!

WinterKids

SPRING YOGA CARDS

Guide



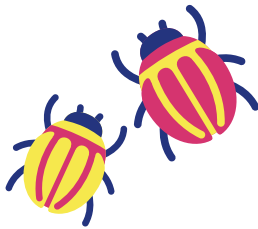
TREE POSE

STANDING, PRESS YOUR HANDS TOGETHER.
LIFT ONE FOOT AND REST IT ON THE OTHER LEG.
STAND STRONG AND TALL LIKE A TREE.



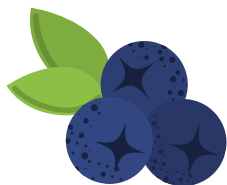
WARRIOR 3 POSE

STANDING, LEAN FORWARD, TURN YOUR ARMS INTO WINGS,
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LOCUST POSE

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LIE DOWN ON YOUR TUMMY WITH ARMS BENT AND
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SQUAT POSE

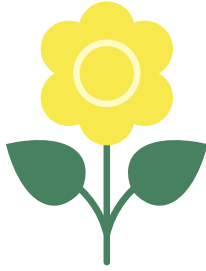
STEP FEET APART, SQUAT DOWN TO PICK
PLUMP BLUEBERRIES THAT ARE DOWN
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#WinterKids
#LearnExploreMove

WinterKids

SPRING YOGA CARDS

Guide



FLOWER POSE

FROM COBBLER'S POSE, WEAVE YOUR HANDS THROUGH THE SPACE IN YOUR LEGS AND PUT THEM UNDER YOUR ANKLES. HOLD ON TO YOUR ANKLES, LEAN BACK AND LIFT YOUR LEGS UP OFF THE GROUND. IMAGINE YOU ARE A FLOWER OPENING UP TO THE SUN!



COBBLER'S POSE

SITTING WITH THE BOTTOMS OF YOUR FEET PRESSED TOGETHER. IMAGINE YOUR LEGS ARE BUTTERFLY WINGS, AND FLY!



STANDING FORWARD BEND

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#WinterKids
#LearnExploreMove