

GROWTH MINDSET YOGA



I am hard working.

WARRIOR I POSE



I am creative.

DANCER'S POSE



I am focused.

CHAIR POSE



I am open-minded.

LUNGE POSE



I am curious.

DOWNWARD-FACING DOG POSE

BUGS AND INSECTS YOGA



I am a dragonfly.
WARRIOR 3 POSE



I am a ladybug.
CHILD'S POSE



I am a snail.
HARE POSE



I am a bee.
HERO POSE



I am a butterfly.
COBBLER'S POSE

WINTER SPORTS YOGA



I am a snowboarder.
WARRIOR 2 POSE



I am a figure skater.
WARRIOR 3 POSE



I am a hockey player.
HORSE STANCE



I am an alpine skier.
CHAIR POSE



I am a curler.
LUNGE POSE

ARCTIC ANIMALS YOGA



I am a moose.
WARRIOR 1 POSE



I am a walrus.
COBRA POSE



I am a polar bear.
BEAR WALK



I am a musk ox.
CAT POSE



I am an arctic hare.
HERO'S POSE with BUNNY BREATH

SPRING YOGA



I am the sun.

EXTENDED MOUNTAIN POSE



I am a tree.

TREE POSE



I am a flying bird.

WARRIOR 3 POSE



I am the falling rain.

STANDING FORWARD BEND



I am planting seeds.

SQUAT POSE

EARTH DAY YOGA



I am a tree.
TREE POSE



I am a waterfall.
STANDING FORWARD BEND



I am a fish.
LOCUST POSE



I am a spider plant.
FLOWER POSE



I am stargazing.
RESTING POSE