

# 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



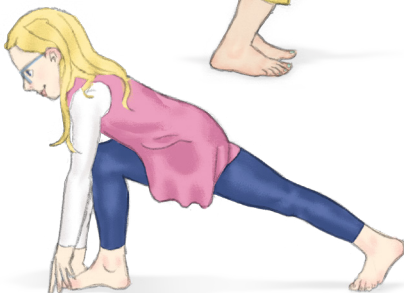
**I am a figure skater.**  
WARRIOR 3 POSE



**I am a hockey player.**  
HORSE STANCE



**I am an alpine skier.**  
CHAIR POSE



**I am a curler.**  
LUNGE POSE

# ARCTIC ANIMALS YOGA



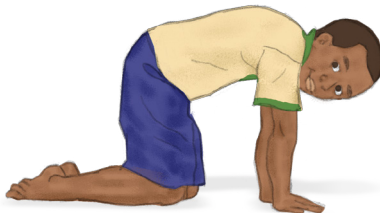
**I am a moose.**  
WARRIOR 1 POSE



**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**