

ELEPHANT POSE
(WIDE-LEGGED STANDING FORWARD BEND)



I have a strong body.

CROCODILE POSE
(PLANK)



I am calm.

TIGER POSE
(CAT POSE)



I am brave.

COW POSE
(COW POSE)



I am kind.

TURTLE POSE
(CHILD'S POSE)



I am patient.

PUPPY POSE
(DOWNWARD-FACING DOG)



I am friendly.

BUTTERFLY POSE
(BUTTERFLY POSE)



I am unique.

COBRA POSE
(COBRA POSE)



On the exhale, make the 'shhh' sound
to slither like a snake.

FLAMINGO POSE
(TREE POSE)



I am beautiful.

RHINO POSE
(TRIANGLE FORWARD BEND)



I am a leader.

BAT POSE
(FORWARD BEND)



Focus on your breathing. Can you feel the air moving in and out through your nose?

GIRAFFE POSE
(EXTENDED MOUNTAIN POSE)



I reach for the stars.