

FOCUS POSES

The Magic Scooter – Tree

*Rooted to the earth, firm and strong
Rising towards the sun, light and long*



Monkeying Around at the Zoo – Monkey Bow Pose

*On your tummy, reach back and grab your feet
Pull up, lifting your chest and arching your back
Relax yourself down ... and rest your back in **Rock Pose***



Possum's Tail – Balancing Possum

*From hands and knees, breathe and focus
Extend right arm forward and left leg back
Slow and steady, do the other side*



Lost and Found in Africa – Lion Pose

- 1 - Crouch low
- 2 - Stretch paws out
- 3 - Pounce forward and ROAR



Robot Makes a Friend on the Moon – Rest Pose

*Lie down on your back... Breathe out any tension
Melt into the floor... Open and relaxed
Let go of thought or feelings that are not helpful
Be open to changing our minds and experiencing new things*



Set Sail – Boat Pose

*Sit up tall with knees bent
With straight spine, lean back
Lift feet, reach hands...
Balancing... feel your strong core*



The Tortoise, the Hare, and the Dragon – Turtle Pose

*Sit with feet together and bent knees open
Slide both hands between and under
Place hands by feet and round into your shell*



Coral Reef – Crab Pose

*Sit with knees bent and feet flat
Place your hands on the floor behind you
Press down to lift your belly toward the sky*



A Beautiful Dream - Review

Use all 8 focus poses in your own story!

We recommend using yoga pose cards to encourage your students to continue to expand their movement vocabulary and to practice making up their own movement stories. Though there are many to choose from, below are some of our favorite Yoga Cards:

- Yoga Kit for Kids – imaginazium.com
- Yoga Pretzel & Yoga Planet Decks – barefootbooks.com
- Body Poetry Yoga & Animal Action Cards – kaplanco.com
- Yoga for Classrooms Card Deck – childlightyoga.com

List of Yoga Pose Names with Alternates

Bolded names are illustrated poses; un-bolded ones are alternative names for the same pose. If there is a word/name from a movement story that is not included here, such as sun, bucket, ant, snail, they are for you and your children to create. These are all just suggestions. Have fun!

Balancing Cat / Low Scooter

Balancing Cat / Possum

Bird/Baby Bird

Bicycle

Blown Palm

Bridge

Boat

Bow

Butterfly

Child's Pose

Child's Pose / Mouse/ Rock

Child's Pose / Rock

Cobra /Earthworm/Snake/Caterpillar

Cobra / Lizard

Crab Pose/Inverted Table / Beetle

Crocodile / Alligator

Dog

Dolphin

Donkey Kicks

Dragon

Dragon with a Twist

Eagle

Elephant

Flamingo

Flower

Folding Star

Fox

Frog

Giraffe

Gorilla

Gorilla / Monkey

Half-Moon

Hippo

Lion

Lying Twist

Mountain

Peacock/Pizza

Plank

Ragdoll

Rabbit

River

Rock and Roll

Sailboat

Shark

Side Angle

Star/Twisting Star

Sun Dance/Rain Dance

Tree

Triangle

Turtle

Twisting Dog

Volcano

Warrior 1

Warrior 1 with hands as antlers / Deer

Warrior 1 / *Zebra

Warrior 2

Warrior 3 /Airplane/Bird Soaring

Warrior 3 / Bird Soaring

Warrior 3 / Pelican

Waterfall

Wheel

Yogi Hops

Yogi Hops / Cheetah

Partner Poses:

Back to Back Chair

Double Boat

Double Pretzel

Elevator

Lizard on a Rock

Rooftops

Warrior Friends

YOGA POSE ILLUSTRATIONS

Arrow



Balancing Cat / Low Scooter



Blown Palm



Bridge



Boat



Bow



Bird



Bicycle



Butterfly



Candle



Cat



Cobra / Snake



Crab / Beetle



Crocodile / Alligator



Crow



Dancer



Dog



Donkey Kicks



YOGA POSE ILLUSTRATIONS

Dragon /
Dragon with Twist



Giraffe



Dolphin



Half Moon



Eagle



Hippo



Elephant



Lion



Flamingo



Lying Twist



Flower



Mountain



Fox



Mouse / Rock / Child's Pose



Frog



Plank



YOGA POSE ILLUSTRATIONS

Ragdoll



Rabbit



River



Sun Dance / Rain Dance



Rock and Roll



Sailboat / Resting Scooter



Shark



Side Angle



Star / Twisting Star



Folding Star



Triangle



Tree



Turtle



Twisting Dog



Volcano



Warrior 1



YOGA POSE ILLUSTRATIONS

Warrior 2



Gorilla / Monkey



Warrior 3 / Airplane / Soaring Bird



Yogi Hops / Jump Switch / Cheetah



Waterfall



Wheel



Partner Poses:

Back to Back Chair



Double Boat



YOGA POSE ILLUSTRATIONS

Double Pretzel



Warrior Friends



Rooftops



Elevator



Lizard on a Rock

