



# KIDS YOGA STORIES™

Learn, Be Active, *and* Have Fun

## BEACH YOGA



**I am a surfer.**  
WARRIOR 2 POSE



**I am a beach chair.**  
CHAIR POSE



**I am a sandcastle.**  
DOWNWARD-FACING DOG POSE



**I am a swimmer.**  
LOCUST POSE



**I am a sea star.**  
RESTING POSE

© Kids Yoga Stories

## AUTUMN YOGA



**I am a bear.**  
DOWNWARD-FACING DOG POSE



**I am a whale.**  
LOCUST POSE



**I am a fox.**  
KNEELING



**I am a hedgehog.**  
CHILD'S POSE



**I am a monarch butterfly.**  
COBBLER'S POSE

© Kids Yoga Stories

## 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

© Kids Yoga Stories

## 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

© Kids Yoga Stories

[https://www.kidsyogastories.com/  
seasonal-kids-yoga-lesson-plans/](https://www.kidsyogastories.com/seasonal-kids-yoga-lesson-plans/)

**PINK** OATMEAL

# KIDS YOGA

---

## FOR EVERY SEASON



BY PINK OATMEAL

[https://www.pinkoatmeal.com/  
yoga-for-every-season/](https://www.pinkoatmeal.com/yoga-for-every-season/)

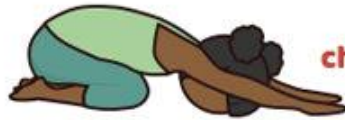
# Flow & Grow

KIDS YOGA

## time for me

calming yoga poses

Flow & Grow  
KIDS YOGA



child's pose



downward dog



happy baby



wind relieving

PRINTABLE YOGA POSTER!  
LEARN THE SEQUENCE

<https://flowandgrowkidsyoga.com/blogs/news/create-a-fun-animal-yoga-pose-for-kids-step-by-step-guide>



# PINK OATMEAL



## ZOO THEMED YOGA POSE IDEAS



<https://www.pinkoatmeal.com/zoo-yoga/>