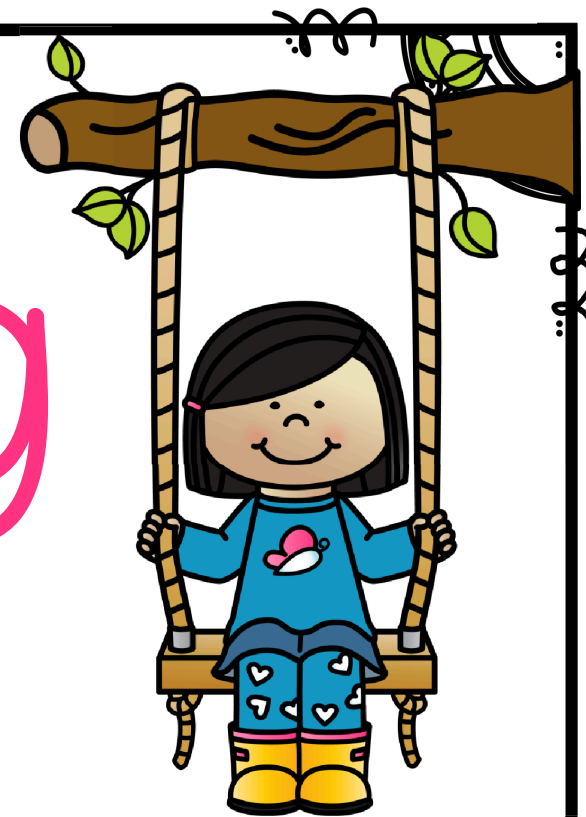
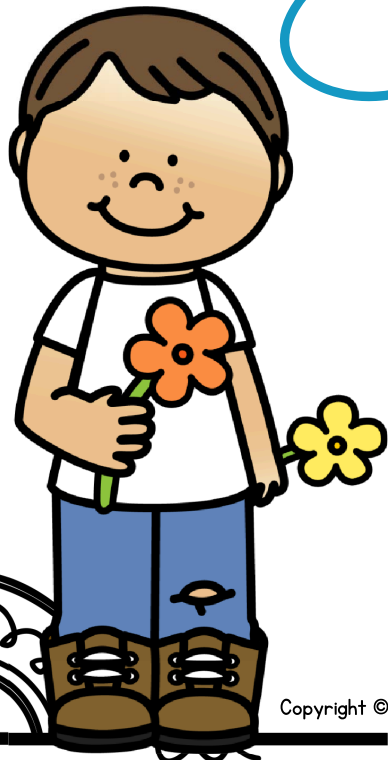
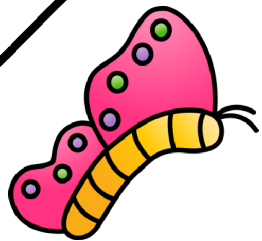


# Spring yoga

# CARDS

.....





# Spring Yoga Cards

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- These yoga cards are designed as interchangeable materials, to be used with thematic vocabulary.
- Each season/theme you can re-use the Yoga Picture Cards by attaching the corresponding Vocabulary Picture Card.

## DIRECTIONS TO ASSEMBLE:

### YOGA PICTURE CARDS & INSTRUCTIONS:

1. Print out the yoga card, front to back (short edge binding printer setting), on card stock.
  - Front of Card: The front will have the yoga pose on the bottom.
  - Back of Card: The back will have basic directions for the pose.
2. Cut the card out, and laminate for durability.

### VOCABULARY PICTURE CARDS:

1. Print out the theme-based vocabulary pictures (3 pages, 10 cards).
2. Cut out each square on the dotted lines.
3. Laminate for durability.

### TO ASSEMBLE COMPLETED YOGA CARDS:

1. Place a soft Velcro dot in the box at the top of the Yoga Picture Card as indicated by the blue circle.
2. Put a hard Velcro dot on the back of the printed Vocabulary Picture Cards.
3. Affix the corresponding vocabulary picture (as per key) to the top of the yoga card to complete assembly of the Yoga and Vocabulary Card.
4. As the themes change, alternate out the Vocabulary Picture Cards to correspond with the yoga poses.

## KEY

Tree Pose: Tree

Child's Pose: Seed

Flower Pose: Flower

Mountain Pose: Rain

Star Pose: Wind

Turtle Pose: Turtle

Cobra Pose: Caterpillar

Warrior Pose: Bunny

Airplane Pose: Bird

Butterfly Pose: Butterfly

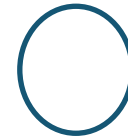




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**TREE POSE**



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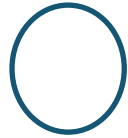
**FLOWER POSE**

# Flower Pose

1. Sit on bottom, body upright.
2. Bring bottoms of feet together and knees out to the sides.
3. Thread hands under lifted knees.

# Tree Pose

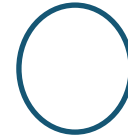
1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



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**TURTLE POSE**



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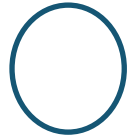
**COBRA POSE**

# Cobra Pose

1. Lay face down on the mat.
2. Place hands flat on the ground. Inhale, push body up and extend arms.
3. Keep shoulders down, and hips on the ground. Exhale.

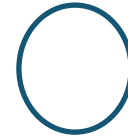
# turtle Pose

1. Sit on bottom, legs hip-width apart.
2. Bend knees, and thread arms under.
3. Bend forward, touching head to the ground.



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**MOUNTAIN POSE**



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**STAR POSE**

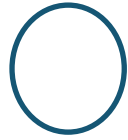
# Star Pose

1. Stand tall, with feet shoulder width apart.
2. Extend arms straight out to the sides.
3. Stand still or sway back and forth.

# Mountain Pose

1. Stand with feet together.
2. Extend hands toward ground, hands to heart, or extend hands to sky.
3. Focus on breathing in and out.

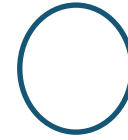




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**AIRPLANE POSE**



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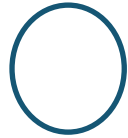
**WARRIOR POSE**

# Warrior Pose

1. Bend front leg, keeping knee over the ankle.
2. Back leg stays straight, with foot planted out to the side.
3. Arms stretch up to the sky, eyes looking forward.

# Airplane Pose

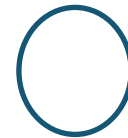
1. Bend forward on one foot.
2. Arms back or out to sides for wings.
3. Lift back leg up and balance.



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**BUTTERFLY POSE**



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**CHILD'S POSE**

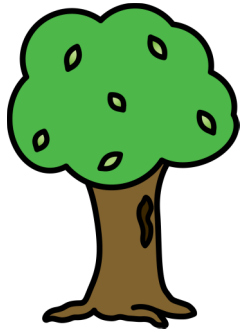
# Child's Pose

1. Sit back on your heels.
2. Fold forward over your knees.
3. Stretch arms forward or back by feet.

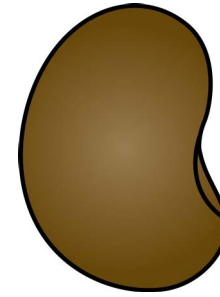
# Butterfly Pose

1. Sit up straight and tall.
2. Hold bottoms of feet together with hands.
3. Move your knees up and down, like butterfly wings, and focus on your breath.

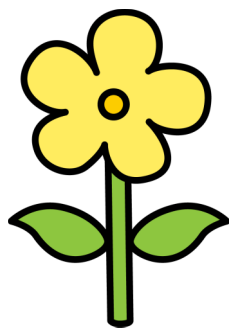
VOCABULARY PICTURE CARDS 1:



Tree



Seed



Flower

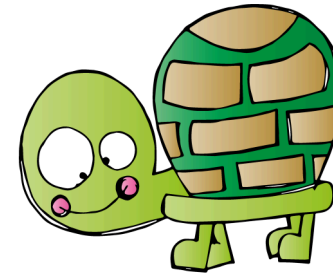


Rain

VOCABULARY PICTURE CARDS 2:



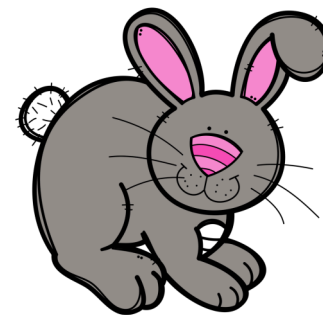
Wind



Turtle

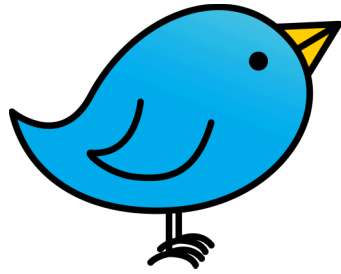


Caterpillar

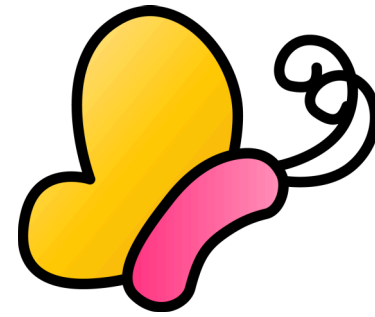


Bunny

VOCABULARY PICTURE CARDS 3:



Bird



Butterfly