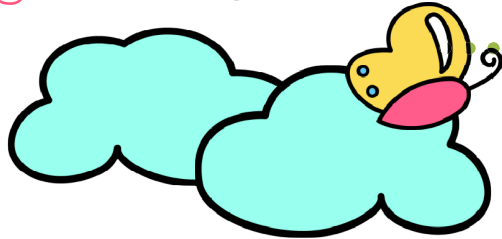
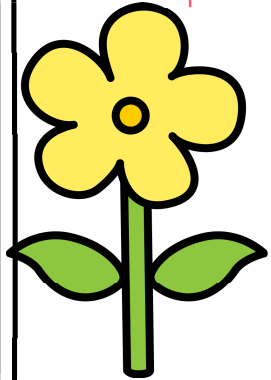


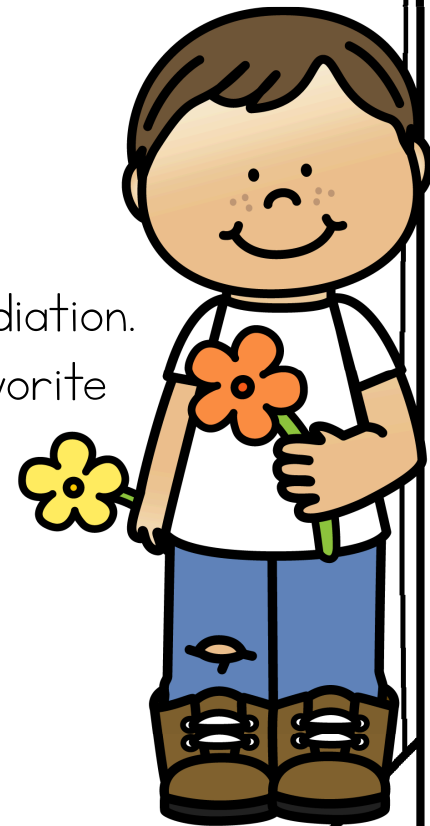
Spring Yoga Sequencing & Meditation



F R E E
VERSION

INSTRUCTIONS:

1. Print out Yoga Sequencing Story and Meditation Poster.
2. The story is meant to be performed as a yoga sequence.
3. Find your Yoga cards to accompany the posters.
4. Complete the poses as you tell the story.
5. At the end of the sequence, play the accompanying song or meditation.
6. Have the children take turns leading the group through their favorite yoga sequence.
7. Optional: use story/topic as writing or discussion points (For Example: Describe a flower. Use all your senses, what does it smell like?).

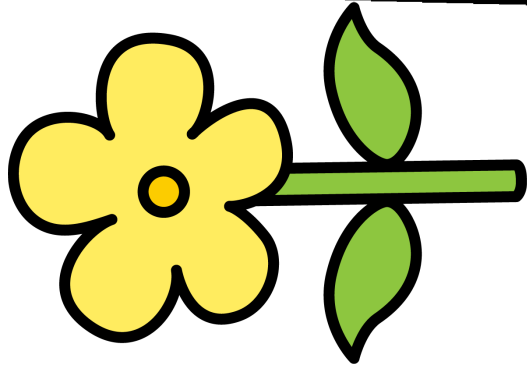


HOW TO GROW A FLOWER

Yoga Sequencing

STORY & MEDITATION

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SONG:

Flower Breath by Kira Willey

YOGA SEQUENCES:

- ① Plant the seed : Child's Pose
- ② Grow into a bud : Hero Pose
- ③ Water and Sunshine :
Mountain Pose with rain
fingers and sun overhead
- ④ A flower blooms : Flower Pose

HOW TO GROW A FLOWER

SPRING

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Yoga Sequencing

CHILD'S POSE

①

Plant the

seed

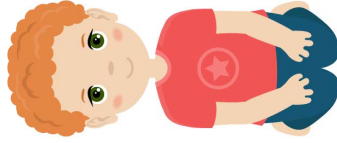


HERO POSE

②

Grow into

a Bud

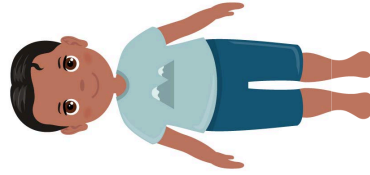


MOUNTAIN POSE

③

Water and

Sunshine



FLOWER
POSE

④

A flower

Blooms

