



A Kids Yoga Stories “Five for Five”:
Five Kids Yoga Poses in Five Minutes

CANADA



Redwood Tree – Tree Pose (standing tall)

Bald Eagle – Eagle Pose (perching in a tree)

Black Bear – Downward-Facing Dog Pose (doing bear walk)

Moose – Seated Twist (with hands up for antlers)

Otter – Happy Baby Pose (eating on tummy)

