

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

## **YOSEMITE, CALIFORNIA**

Half Dome - Mountain Pose

Giant Sequoia - Tree Pose

Peregrine Falcon - Warrior 3

Spotted Bat - Standing Forward Bend

Black Bear - Downward-Facing Dog Pose





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## **DEATH VALLEY, CALIFORNIA**

Scorpion - Dancer’s Pose

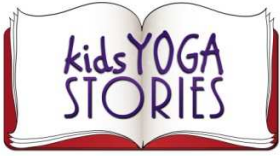
Red-Tailed Hawk - Warrior 3 Pose

Joshua Tree - Tree Pose

Desert Horned Lizard - Plank Pose

Rattlesnake - Cobra Pose





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## **BIG SUR, CALIFORNIA**

Gray Squirrel - Squat Pose

Skunk - Downward-Facing Dog Pose

Alligator Lizard - Plank Pose

Ringtail Cat - Cat Pose

Mouse - Child's Pose

