



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

The Parrot Tico Tango
in Costa Rica: 5 for 5

Parrot – Warrior 3 Pose

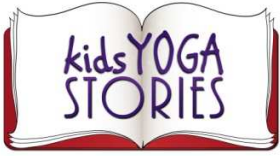
Frog – Squat Pose

Iguana – Plank Pose

Boa – Cobra Pose

Jaguar – Cat Pose





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We’re Roaming in the Rainforest
in the Amazon Rainforest: 5 for 5

Poison Dart Frog – Squat Pose

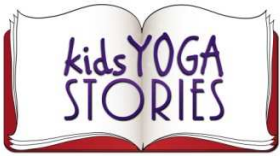
Green Iguana – Plank Pose

Giant River Otter – Cat Pose

Pink River Dolphin – Dolphin Pose

Three-Toed Sloth – Happy Baby Pose





***Off We Go to Mexico* book**

Mountains- Las Montañas
Mountain Pose

Sun – El Sol
Extended Mountain Pose

Pyramids – Las Pirámides
Downward-Facing Dog Pose

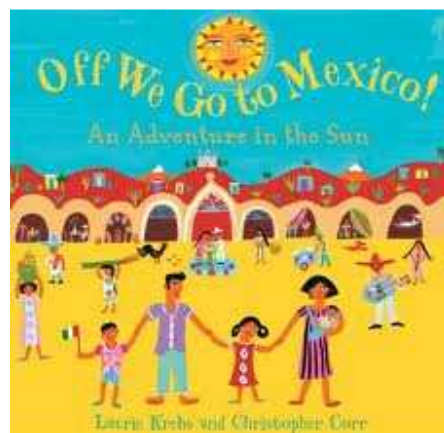
Swimming – Nadando
Locust Pose

Gray Whales – Las Ballenas
Whale Pose

Canyon Train – El Tren
Staff Pose

Monarch Butterfly – Las Mariposas
Butterfly Pose

Stars – Las Estrellas
Do Nothing Pose





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Sophia’s Jungle Adventure **in Costa Rica: 5 for 5**

Toucan – Warrior 3 Pose

Monkey – Squat Pose

Jaguar – Cat Pose

Boa Constrictor – Cobra Pose

Butterfly Pose – Cobbler’s Pose

