

# Halloween Young Yogis Poem

In Halloween costumes the spooky young yogi's  
Create twisted branches in moonlit trees



Triangle



Tree

Candles in pumpkins light up the night  
There's ghosts and skeletons rrrr what a sight!



Extended Mountain  
(fingers flicker like flames)



Mountain  
(shake arms and legs)

Devilish werewolves and scary looking dogs  
Turning phantom princes into freaky frogs



Dolphin  
(werewolves)



Downward Facing Dog



Squat  
(frog)

Slinky cats, mischievous on the mat  
How do you arch your back like that?



Cat



Cow

Crescent moon and a moving star  
Witches on brooms flying so far



Crescent Moon



Mountain

(slowly move from one foot to the other,  
opening and closing fingers like twinkling stars)



Chair (witch on broom)

A long deep breath then a big BOOOO  
Casting spells with a witches brew



Cobblers/Butterfly (deep breath)

Joining in with magic mindfulness  
Stirring a cauldron in a long black dress



Cobblers/Butterfly  
(pretend legs are a cauldron,  
take turns with each arm to stir  
the witches brew)

A black pointed hat with a cape to the ground  
There are spiders & bugs creeping around



Extended Mountain  
(point fingers)



Standing Forward Bend



Happy Baby

Mummies & zombies causing a shiver  
Ghouls & vampires making us quiver



Mountain  
(shake arms and legs)

Ghostly pirates walking the plank  
On a haunted ship, many years ago it sank



Plank



Boat



Resting

Holding his wand, here comes the wizard  
Look out! Hide! Before he turns you into a lizard



Extended Mountain  
(point fingers)



Lunge  
(step one foot forward, then back, then other side)

Bats swoop by in the night time sky  
Owls keep watch from the trees so high



Warrior 3  
(flying bats, balance on both sides)



Gyan Mudra  
(sit on heels, use both hands in A-Okay sign over eyes to look like the owl's eyes)

Candle lit houses throughout the land  
It's all just good fun, take hold of my hand



Extended Mountain  
(fingers flutter like a candle flame,  
then kids can create a house rooftop by  
touching fingers)

Take a deep breath, enjoy what you've seen  
It's time to relax! What a wonderful Halloween!



Yoga pose images available at: <http://www.kidsyogastories.com/product/yoga-poses-for-kids-images/>

Victoria Rietdyk Yoga & mindfulness for All