

# Kids Yoga Worksheet

## Teacher Russell

**A. Poses:** Write the names of the following yoga poses:

- mountain
- down dog
- chair
- tree
- cat
- ~~• half-bend~~
- up dog
- plank
- ~~• warrior 1~~



pose

pose

warrior 1 pose



pose

pose

pose



pose

pose

half-bend pose

**B. Breathing:** Use the pictures to complete the sentences.

1. I breathe \_\_\_\_\_ my nose and breathe \_\_\_\_\_ my mouth.



2. To blow a big bubble we have to breathe \_\_\_\_\_.

