

Tree



Stand up tall with both feet rooted on the ground, lift one leg off the ground and place that foot on your other leg. Put your arms up branches.

Seed



Kneel down, sitting on your feet. Place your hands on the ground and slowly lower your forehead to the ground. Place your arms back towards your feet.

Frog



Keeping your head up, squat down low with your hips open and knees out wide. Put your hands on the ground between your feet. Can you jump like a frog?



Fun Garden Yoga

Try out these Garden inspired yoga poses.
Be creative and remember to breathe.

Butterfly



Sitting on the ground, bend your knees and put your feet together. Hold your ankles and slowly move your knees up and down like butterfly wings.

Flower



Sitting on the ground, bend your knees and put your feet together. Slide your hands under your legs and hold them. Lean back a little like a flower blooming.

Sprout



Stand up tall and slowly squat down like you are going to sit in an invisible chair. Stretch your arms up and forward to be a plant sprouting from its seed.