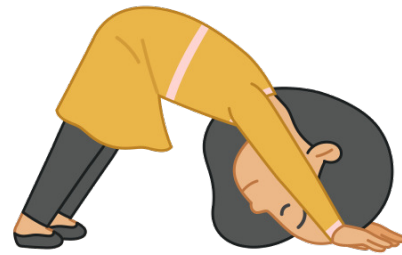




Cat Pose



Down Dog Pose



Washing Machine Pose

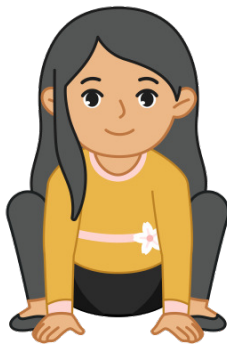


Flamingo Pose





Frog Pose



Mountain Pose



Chair Pose



Star Pose



DESCRIPTION:



Incorporate mindfulness and brain breaks into your classroom with these yoga pose cards. These yoga cards are perfect to cut out and post in a calming corner, use during circle time, or feature a "yoga pose of the day" in your classroom. Yoga and movement breaks are the perfect way to help students improve their self-regulation skills and manage feelings of anxiety and stress.



Butterfly Pose



Tree Pose

