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The background of the slide is a vibrant, cartoon-style illustration of a spring scene. In the top left corner, a large yellow sun with a smiling face and radiating rays is partially visible. To the right, a brown tree trunk with green foliage stands against a blue sky. The foreground is filled with various colorful flowers, including pink, blue, and yellow ones, growing from green grass. The entire scene is framed by a black border.

Easter Yoga

- In your set of Easter Kids Yoga you will receive both cards and printables.
- Print cards 2 per sheet or to print 4 per sheet by adjusting the settings on your printer — [See How Here.](#)
- Print full sheet printables and hang around the room, go no-prep and use them on your whiteboard or tablet.
- Print full sheet printables 2 per page and use in card form.

Easter Yoga

- Thank you for using Easter Yoga.
- Adapt the yoga poses to best fit your situation.
- Let the kids be creative with the poses.
- Enjoy the poses and don't focus on being perfect.
- Be Safe!
- Have fun!





Easter Basket

1. Kneel on the floor.
2. Touch your big toes together and spread your knees hip width apart.
3. Bring your head down towards the floor while breathing out.
4. Hands can go where they are comfortable.



Easter Bunny

1. Start standing with your feet slightly wider than shoulder width apart.
2. Lower down into a squat position and hold.
3. Return to standing position.
4. Repeat.



Baby Chick

1. Stand tall with your feet hip width apart and back straight.
2. Place your hands under your arm pits on both sides.
3. Move your elbows back and forth like your flapping your wings.
4. Encourage squeezing shoulder blades together as you flap your wings.

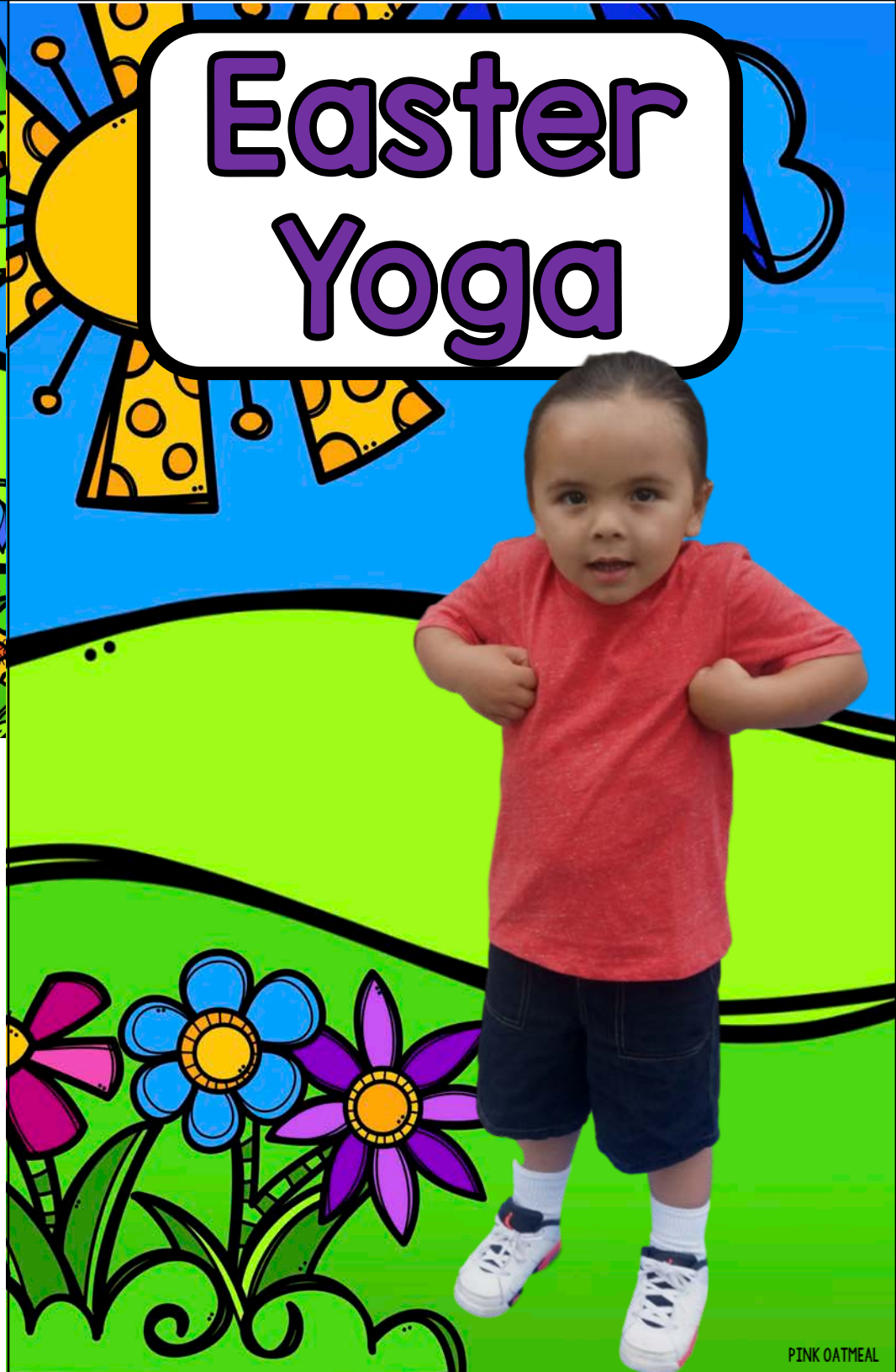


Easter Egg

1. Start laying on your back.
2. Pull your knees toward your chest and grab your feet.
3. Rock side to side on the floor.



Easter Yoga



Egg Hunt

1. Stand tall.
2. Keep legs hip width apart.
3. Bend forward at your hips.
4. Let your arms hang down in front of you and pick up your Easter eggs!

Easter Basket



Easter Bunny



Baby Chick



Easter Egg



Egg Hunt



Credits

