

# Firefighter Yoga



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# FIREFIGHTER YOGA

Each card represents something associated with firefighters or fire safety. Whether you are posing like a fire dog or a fire truck, be sure to enjoy your yoga! Modify the poses as needed. Let the kids enjoy the yoga and be creative with their poses. If it doesn't look exactly like the description that's okay!





## FIRE BREATHING

1. Start seated criss-cross on the floor.
2. Place your hands in front of your chest with the palms pressed together.
3. Breathe in and raise your hands over your head like flames in the fire.
4. Breathe out, clap your hands together and bring them back to in front of your chest.
5. Repeat with each breath.



## FIRE TRUCK

1. Sit tall with your legs straight in front of you.
2. Make sure your back is nice and straight.
3. Hold your arms out directly in front of you and grab a steering wheel.
4. Move your arms like you are driving a fire truck!





## CRAWL

1. Start out on your hands and knees.
2. Reach your right arm in front of you.
3. Reach your left leg behind you.
4. Hold.
5. Repeat on the opposite side.
6. Continue repeating side to side like you are crawling.



## FIRE DOG

1. Start on hands and knees with your toes curled under
2. Lift hips up towards the sky by straightening your legs (hands remain on the floor).
3. Let your head hang down.
4. Make sure to breathe.
5. Come out of position by lowering your knees back down to the floor.



FIRE HOSE

1. Stand tall.
2. Keep legs hip width apart.
3. Place your palms together in front of your body and slowly raise them above your head.
4. Bend forward at the hip.
5. Move side to side like you are putting out a fire!

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