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Patriotic Yoga

- Thanks for downloading Patriotic Yoga and adding physical activity to the day!
- This pack includes a small set of cards that are formatted to print back to back with no hassle.
- Also included is full sheet printables that are perfect for bulletin boards, the hallway, or go no prep and project them on your white board or use on your tablet.
- Additional descriptions are included at the bottom if you prefer not to print back to back but paste them together!
- Remember that Patriotic Yoga is designed to be a fun way to integrate movement into the day. Poses don't need to look perfect or exactly as described and you can modify as you need.
- Prep once and use over and over again!
- Have fun and enjoy!
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Chanda – Pink Oatmeal





Star



Fireworks



Flag



Eagle

Fireworks

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.
4. Breathe out, clap your hands together and bring them back to in front of your chest.
5. Repeat with each breath.

Eagle

1. Stand tall with your feet together.
2. Reach your arms out to the sides.
3. Lean forward while lifting one leg behind you.
4. Move your arms up and down like a flying eagle.
5. Repeat on the opposite side.

Star

1. Stand with your feet wide apart.
2. Reach your hands out to the side as far apart as you can.
3. Remember to keep your body nice and tall.
4. Don't forget to breathe!

Flag

1. Stand tall with your feet together.
2. Reach towards the ceiling as high as you can with both hands.
3. Slightly bend both knees and hold the position.
4. Move your arms side to side like you are waving a flag.



Uncle Sam

Pink Oarmeal

Patriotic Yoga



Pink Oarmeal

Uncle Sam

1. Stand tall.
2. Keep legs hip width apart.
3. Move your arms out to the side.
4. Breathe!

Star

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2. Reach your hands out to the side as far apart as you can.
3. Remember to keep your body nice and tall.
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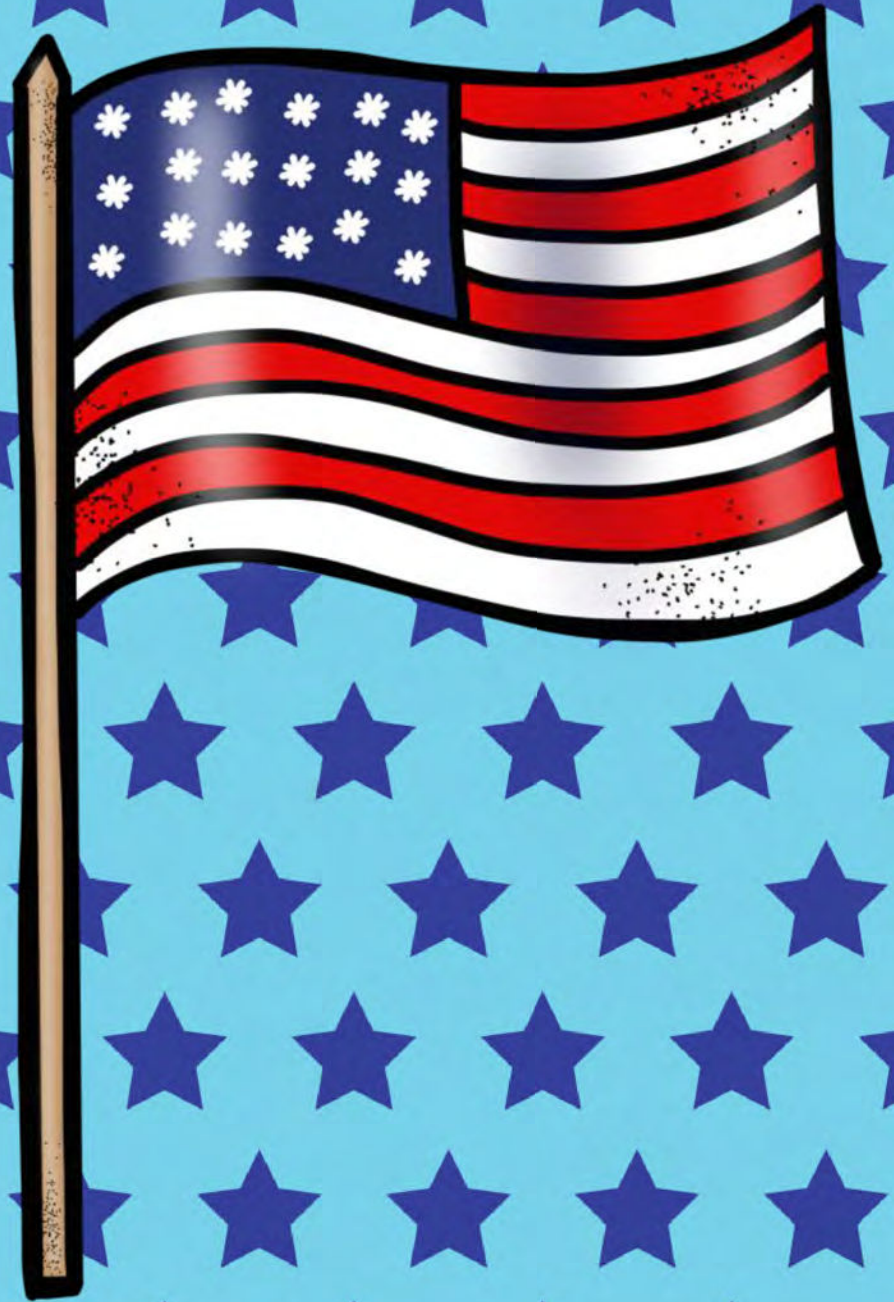
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3. Breathe in and raise your hands over your head.
4. Breathe out, clap your hands together and bring them back to in front of your chest.
5. Repeat with each breath.



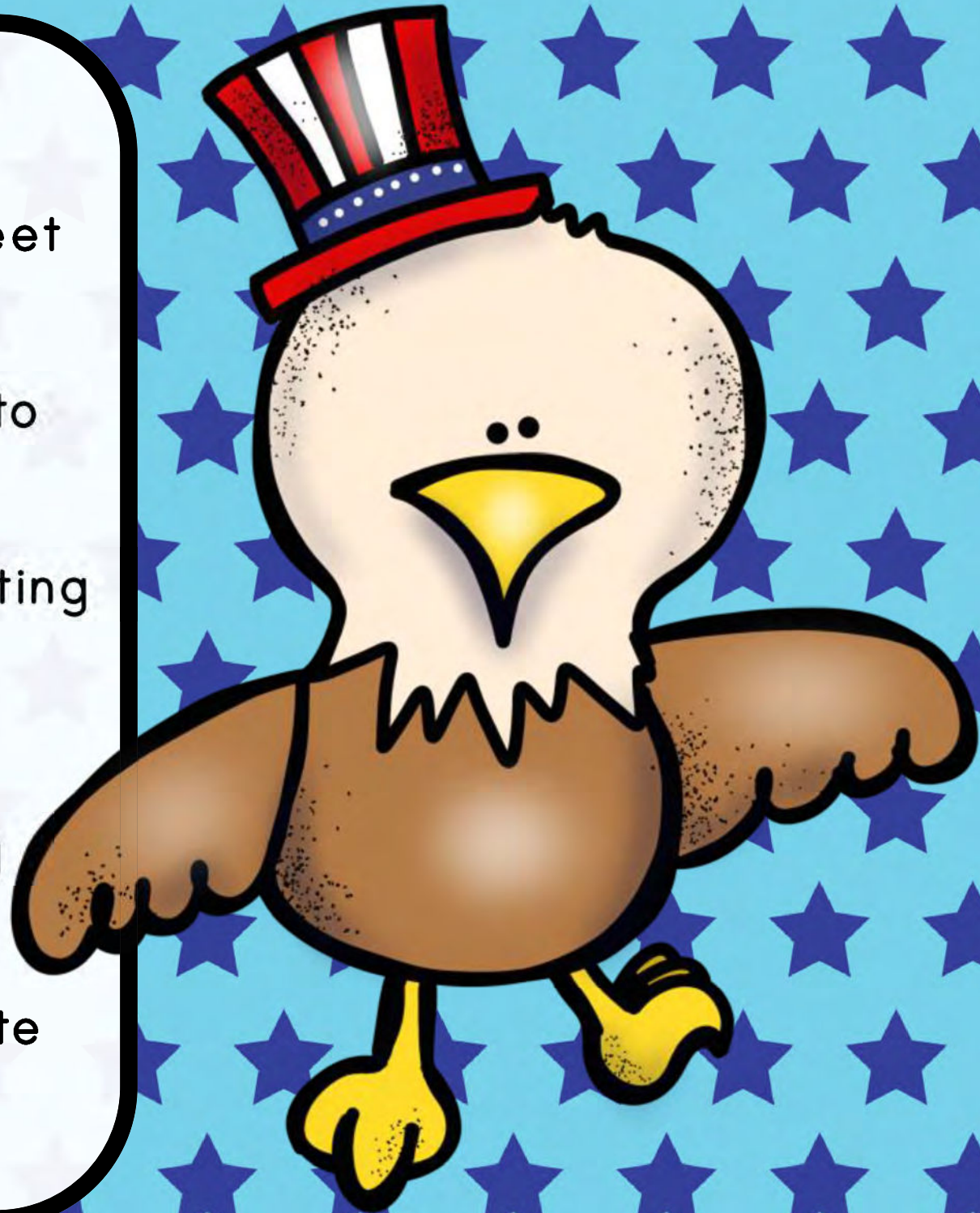
Flag

1. Stand tall with your feet together.
2. Reach towards the ceiling as high as you can with both hands.
3. Slightly bend both knees and hold the position.
4. Move your arms side to side like you are waving a flag.



Eagle

1. Stand tall with your feet together.
2. Reach your arms out to the sides.
3. Lean forward while lifting one leg behind you.
4. Move your arms up
5. and down like a flying eagle.
6. Repeat on the opposite side.



Uncle Sam

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3. Move your arms out to the side.
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Fireworks

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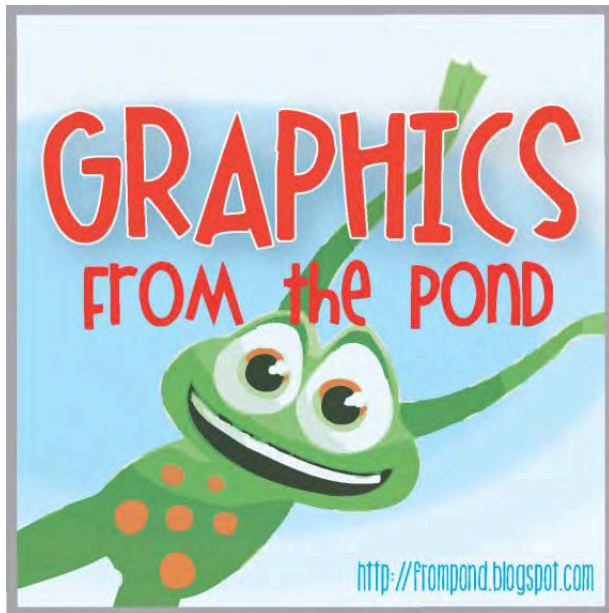
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Credits



JaneJoArt