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Winter Yoga/Movement Story

Today is the day that you have been waiting for. You look out the window and much to your pleasure there are snowflakes falling. Even the big tree in your front yard is full of snow.

You hurry to get all your snow gear on and head out the door. Your dog follows you out as he loves to play in the snow almost as much as you!

The first thing you plan to do is build a snowman. The snow feels nice and sticky, so you roll snowballs to create your masterpiece. You run into your house to grab a carrot for the nose, use rocks for the eyes and you find your old hat and scarf to complete the look. Your snowman looks perfect.

You look across the street and see your neighbor heading towards the large hill with his sled. You run to find your snowboard so you can meet your neighbor at the snow hill. When you arrive at the hill you see your other friends downhill skiing.

You’ve had a great time playing with your friends at the snow hill, but it’s time to head home. On your way home you wave to your sister ice skating on the pond.

When you arrive home you see that your brothers have built a big snow fort in the yard. You can’t wait to play in the fort all winter long.

It’s been a great day! While sitting down to drink your hot chocolate, you close your eyes, take a breath, and think about the fun you’ve had on this winter day.
Winter Yoga/Movement Story

Snow Dog Pose
Downward Dog—Wag your tail in the snow!
Snowman Pose
Star Pose
Ice Skater Pose
Dancer Pose—Imagine gliding across the ice!
Ski Pose
Chair Pose—Move your hips side to side like you are skiing!
Sled Pose
Staff pose or Seated Forward Fold Pose—Imagine you are flying in a sleigh!
Snowflake Pose
Stand with your feet wide apart. Reach your hands out to the side as far apart as you can. Remember to keep your body nice and tall. Spin and twist like a falling snowflake!
Snowball Pose
Happy Baby Pose—Roll side to side like a snowball!
Snowboard Pose
Warrior Pose
Snow Tree Pose
Tree Pose—Shake off the snow!
Snow Fort Pose
Triangle Pose
Build A Snowman Pose
Squat down to the floor. While holding this position work on rolling your snowball to make your snowman. Stack your snowballs on top of each other to make your snowman. Be sure to breathe!

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Get Winter Yoga Cards

Make it easy for you and your kids with the winter yoga visuals!

BONUS – Get this story in book form when you purchase the Winter Yoga Pack from Pink Oatmeal!