

Patriotic Yoga

- Thanks for downloading Patriotic Yoga and adding physical activity to the day!
- Included is yoga cards (2 per page) and a yoga card cover.
- 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.
- 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!
- These cards are the perfect addition to any of your [yoga sets](#).

Chanda - Pink Oatmeal



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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!



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.



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 and down like a flying eagle.
5. Repeat on the opposite side.

Patriotic Yoga



Uncle Sam

1. Stand tall.
2. Keep legs hip width apart.
3. Move your arms to your side or reach above your head.
4. Breathe!

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Flag



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Uncle Sam



Credits

