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 <u>yoga sets</u>.

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.

Edgle

- 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.

TNIK OATMEA



Uncle Sqm

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

Patriotic Yoga

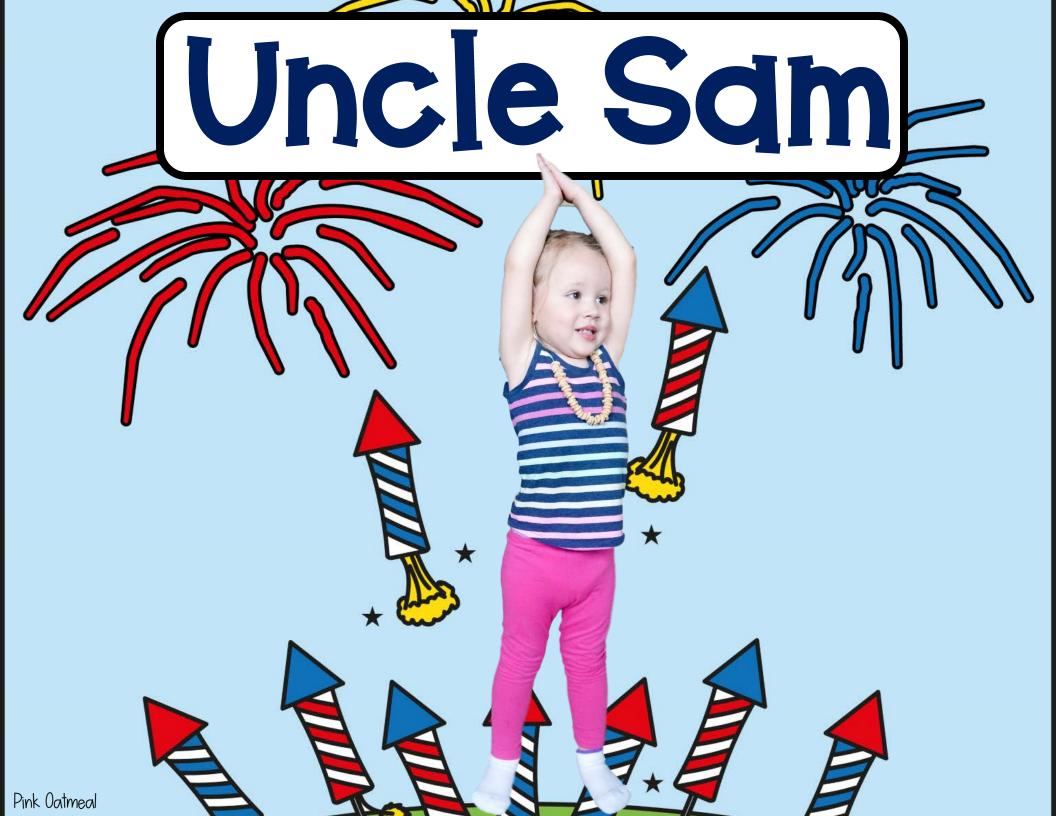












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