



Month 3: YOGA

Toddler/Preschooler Activities

Ideas for grouping the poses together:

1. **Floor Series:** Table pose, Cat pose, Cow pose, Twisting Cow pose, Child pose, Cobra, Wanna Iguana, Lion, Whale, Bridge, and Bow pose.
2. **Upper Extremity/Arm Strengthening Series:** Table pose, Downward Dog, Lunge, Slide, Donkey, and Gorilla.
3. **Balance Series:** Star, Falling Star, Itsy Bitsy Yogi, Mountain, Tree and Warrior.
4. **Endurance Series:** Jumping Tree, Ball, Boat, Alligator, Bow, Lampa-oops, and Run Around Yogi.
5. **You could also group all the animal poses together.**