Yoga Poses

Part 1: Try making each pose and holding for 10+ seconds. Rate it from easy to hard by shading in the pose-o-meter.

- **Downward Dog** 000
- **Cat** 000
- **Butterfly** 000
- **Cow** 000

Part 2: Draw your own poses then have a family member try it.
CREATE YOUR OWN FLOW

Look at the poses on the poster, then mix & match your own flow sequence by writing the # in the blanks. Try one each day during a week.

Flow #1 __ __ __ __

Flow #2 __ __ __ __

Flow #3 __ __ __ __

Flow #4 __ __ __ __

Flow #5 __ __ __ __

Did you try some of them out? How does your body feel? What pose was difficult? Which was your favorite?
YOGA W/ MS. JELISA

Mix & match to create your own flow sequence.