

























Yoga Content Card

“FUN” SALUTATION

<p>1</p>  <p>Mountain</p>	<p>2</p>  <p>Pencil</p>	<p>3</p>  <p>Paper Clip</p>	<p>4</p>  <p>L-Lunge</p>
<p>5</p>  <p>Chaturanga</p>	<p>6</p>  <p>Prone</p>	<p>7</p>  <p>Cobra</p>	<p>8</p>  <p>Downward Dog</p>
<p>9</p>  <p>R-Lunge</p>	<p>10</p>  <p>Paper Clip</p>	<p>11</p>  <p>Wood Chopper</p>	<p>12</p>  <p>Mountain</p>

For additional poses, refer to back of Yoga Content Card 

Cool Down

 <p>Namaste</p>	 <p>Corpse</p>	 <p>Baby</p>	 <p>Pretzel Twists</p>
 <p>Visualization</p>	 <p>Easy (Breathing)</p>	 <p>Hero (Breathing)</p>	 <p>Lotus</p>
 <p>Candle</p>	 <p>Plough</p>		



Yoga Content Card

Additional Poses



Plank



Tree



Chair



Crescent Moon



Warrior I



Warrior II



Triangle



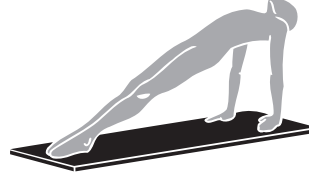
Full Boat



Single Leg Raise



Double Leg Raise



Back Platform



Rocking Horse



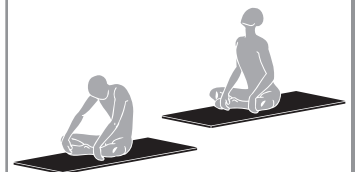
Bridge



Superman



'Y'



Camel Ride



Camel



Dolphin



Cat and Cow