

"MAGICAL 4"



BOAT POSE
(MERMAID)



WARRIOR 3
(FLYING DRAGON)



LUNGE
(UNICORN)*

*To turn Lunge Pose into Unicorn Pose,
simply stretch your arms in front
of your face like a unicorn horn



RAINBOW

"SURF & SWIM"



SURF/WARRIOR 2
(SURF)



SWIM



STARFISH/SHAVASANA
(REST)

"CAN YOU CRAWL?"



TREE POSE
(GROW)



CRAB
(CRAWL)



WARRIOR 3
(FLY)



BRIDGE POSE
(BEND)