



# Mosswood Connections

## Home

Cut out the yoga poses and place them so the child can find one for their scavenger hunt.

Have the child do at least one yoga pose.

### YOGA POSES



**KING DANCER**



**DOWNWARD DOG**



**WHEEL**



**UPWARD DOG**



**LOTUS (HALF)**



**WARRIOR**



**TRIANGLE**



**STANDING FORWARD BEND**



**TREE**



**BOW**



**CHILD**



**CAMEL**