



Here is an A-Z list of MOST of the poses we do in our yoga classes. Our monthly lesson plans incorporate these poses along with other activities to create fun, mindful, and engaging classes for our yogis!

A A-OK fingers, alligator, airplane

B boat, bow, butterfly, bee breath

C cat, cow, cheetah, child's pose, chair,

D downward dog, dolphin, dancer, dead bug

E elephant, eagle, easy pose, elevator (partner pose)

F frog, flower, flamingo, feet high-five (partner pose)

G gorilla, gate, giraffe

H happy baby, half moon

I iguana

J jellyfish

K Kangaroo, kindness

L lion breath, locust, lizard on a rock (partner pose)

M mountain, monkey in our crazy monkey song

N namaste, narwhal (whale with unicorn horn)

O owl, open and close the bridge (partner pose)

P popcorn, plow, plank, peace begins with me (what we say at the beginning of each class to remind us to be calm and kind!)

Q quiet (quiet our minds and our bodies to help us relax)

R rub your hands together to get your energy going, rag doll

S savasana (yoga rest time), side plank, sun salutation, star, shark



T tree, table, triangle

U upward dog

V volcano

W warrior.

X x-jumps

Y- yogi mantra (phrases we put to poses to help us feel strong!), yogis' choice to pick a pose

Z zebra, zipper (a fun group pose!)