



# RAINFOREST YOGA

LAKETOWN GYMNASTICS  
WACONIA, MN

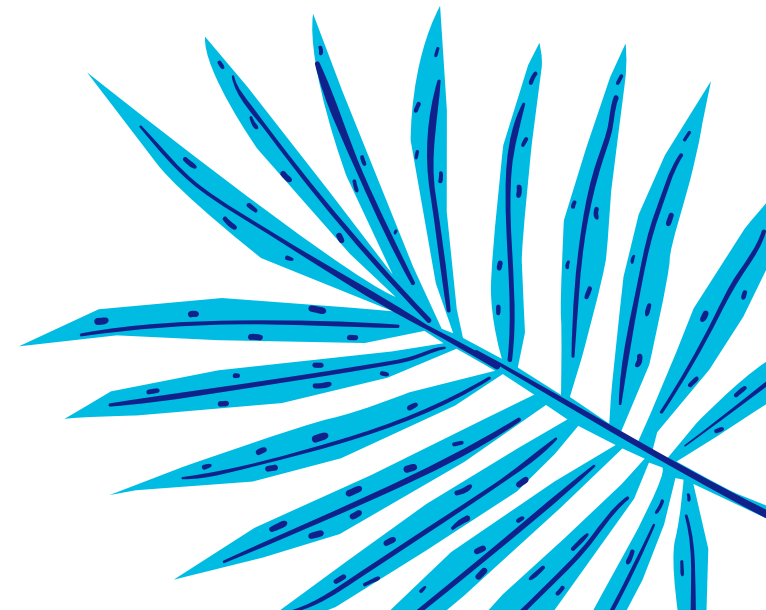




# RAINFOREST YOGA

## COBRA POSE

- Lay on the floor, on your belly.
- Place your hands (palms down) next to your shoulders
- Push up lifting your chest off the ground
- Breathe out adding a hiss like snake if you'd like!

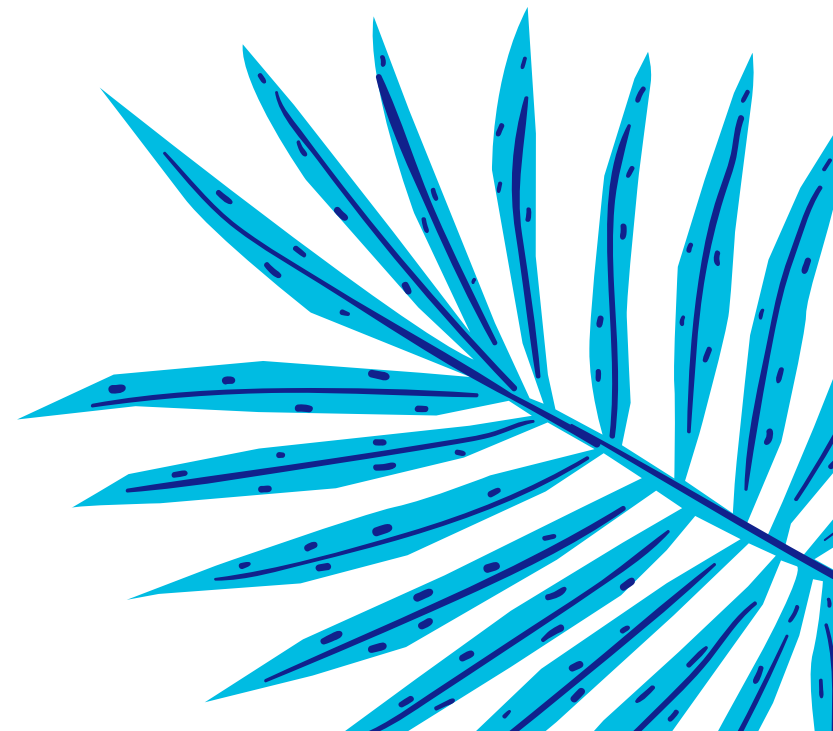




# RAINFOREST YOGA

## MOUNTAIN POSE

- Stand up straight with feet together
- Lift your toes and gently sway back and forth for a minute.
- Rotate your shoulders back and downwards for a minute.





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## WATERFALL POSE

aka Half Forward Fold

- From Mountain Pose, bend your upper body and reach for your toes
- Pretend your arms are like the rushing water of a waterfall

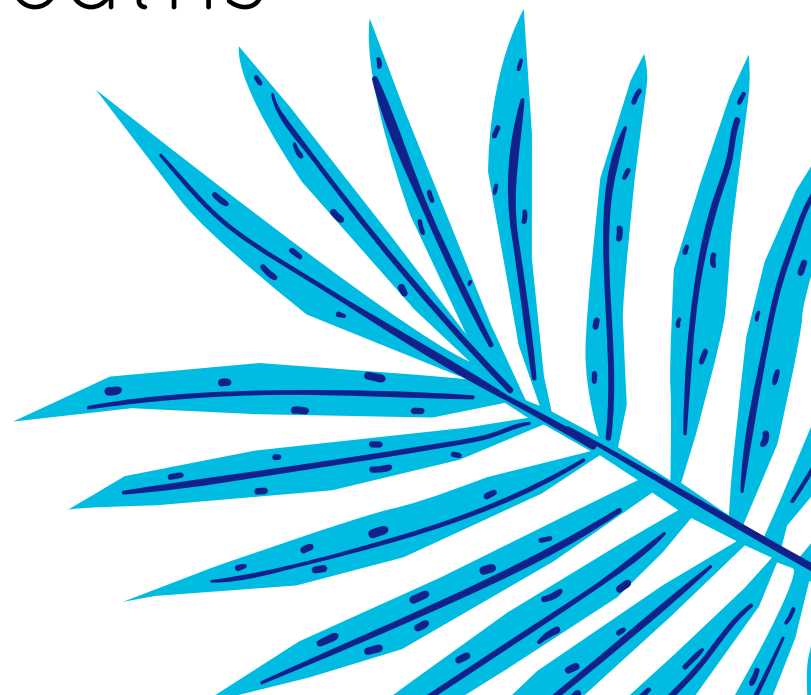




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## BUTTERFLY POSE

- Start by sitting on the floor and putting the bottoms of your feet together, bringing them towards your belly button
- Keep your knees as close to the floor as you can, taking big deep breaths





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## TREE FROG POSE

aka Squat / Garland Pose

- Stand with your feet a little a little more than shoulder width apart
- Bend your knees and lower your bottom toward the floor to come to a squat
- Place your palms together in front of you
- Keep your back straight and take deep breaths. Let out of a few frog sounds, too!

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## PANDA POSE

aka Downward Dog

- Start on hands and knees
- Lift hips up towards the sky by straightening your legs (hands remain on the floor)
- Let your head hang down
- Come out of position by lowering your knees back down to the floor!





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## CROCODILE POSE

aka Crocodile

- Lie on your belly
- With your arms crossed under your head, rest your forehead on your hands.
- Breathe deeply, counting to 4 with each breathe!

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## TURTLE POSE

aka Child's Pose

- Begin on your hands and knees
- Spread your knees wide apart while keeping your big toes touching, sit back
- On an a big exhale, keeping your palms on the floor stretch your hands out until your nose touches the floor
- Taking big deep breaths, stay in this pose for 1 to 2 minutes





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## TOUCAN POSE

aka Warrior 3 Pose

- Stand on one leg
- Extend the other leg behind you.
- Bend your torso forward and extend your arms out to the sides.
- Flap your arms like the wings of the toucan!

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## JAGUAR POSE

aka Cat Pose

- Start on your hands and knees
- While exhaling, gently drop your head, press your tummy up, round your spine and tuck in your tailbone.





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## TREE POSE

- Start with your feet shoulder width apart
- Extend arms with palms together above head as high as you can go
- Carefully place sole of foot on the calf or inner thigh (or ankle for little ones!)
- Count to fifteen while inhaling, and to fifteen on exhale





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## GIRAFFE POSE

aka Crescent Moon

- Start with your feet shoulder width apart and arms to your side
- Press your soles into the floor and extend your hands over your head, palms together
- Bend slightly to the left, taking deep breaths as you bend. Stand straight back up after slowly counting to fifteen.
- Bend slightly to the right, taking deep breaths as you bend. Stand straight back up after slowly counting to fifteen.

