

Yoga Story for 3-1year olds

We're going on a forest adventure
What a beautiful day
I feel brave!
Oh no, its long wavy grass
We can't go over it, we can't go under it
We'll have to go through it

We're going on a forest adventure
What a beautiful day
I feel brave!
Oh no, its a giant oak tree
We can't go over it, we can't go under it
We'll have to go through it

We're going on a forest adventure
What a beautiful day
I feel brave!
Oh no, its huge rocks
We can't go over it, we can't go under it
We'll have to go through it

We're going on a forest adventure
What a beautiful day
I feel brave!
Oh no, its a raging, rapid river
We can't go over it, we can't go under it
We'll have to go through it

We're going on a forest adventure
What a beautiful day
I feel brave!
Oh look, its a beautiful waterfall
Let's go swim!

POSES

GRASS: Stand on tip toes and reach arms up

OAK TREES: Goddess Pose

ROCKS: Child's Pose

RIVER: Rolling on back, forwards and backwards

WATERFALL: Camel pose