

Summertime Yoga Poses

Stretch, move, and play with these summer-themed yoga poses!



Rainbow

Stand with your feet apart and bend side-to-side like a big, colorful rainbow.



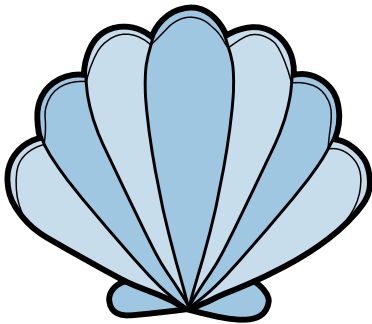
Surfboard

Stand sideways, bend your knees, and hold your arms out like you're surfing a wave. Breathe in and out. Switch sides.



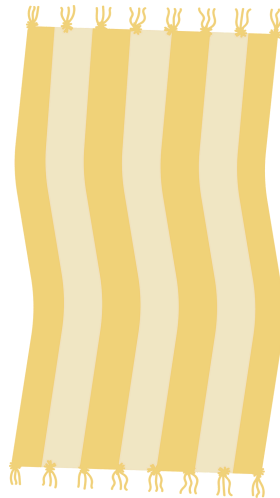
Starfish

Lie flat with your arms and legs wide, then bring them in and out like a starfish stretching as you breathe in and out.



Seashell

Start in child's pose. Tuck into a little ball like a shell on the sand.



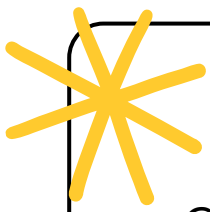
Beach Towel

Stand tall with arms up wave your arms like a floppy beach towel blowing in the breeze.



Popsicle

Lie flat and still like a melting popsicle (great cool-down pose!)



Summertime Yoga Poses

Can you design your own summertime yoga pose?

Draw your pose.

A large, empty rectangular box with a black border, intended for drawing a yoga pose.

Give your pose a name.

A horizontal, empty rectangular box with a black border, intended for writing the name of the pose.

Describe how to do your pose.

A large, empty rectangular box with a black border, intended for describing how to perform the pose.