

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.



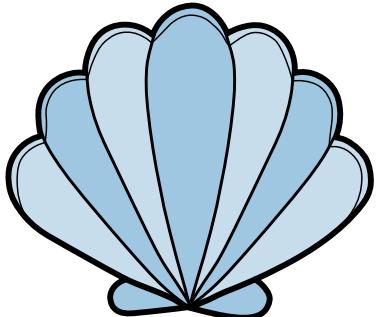
Surfboard

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.



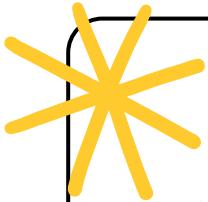
Beach Towel

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!)



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Can you design your own summertime yoga pose?

Draw your pose.



Give your pose a name.



Describe how to do your pose.

