

Yoga Animal Book

Many yoga poses are named after animals. Learn more about it—and teach someone else!—by creating your own book about animals and yoga! Brainstorm your ideas below and then use the following pages to create your book.

Directions:

1. Give your book a title.
2. Include a front cover page, with your title.
3. Include a picture and name of a different animal yoga pose on each page (at least five poses).
4. Make sure to give the definition of yoga somewhere in your story:

Yoga is the connection of mind, body, and breath.

Brainstorm:

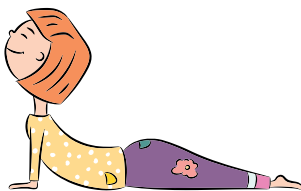
Title of book: _____

Poses to include in book:

1. _____
2. _____
3. _____
4. _____
5. _____

Example of poses:

**Cobra Snake
Pose**



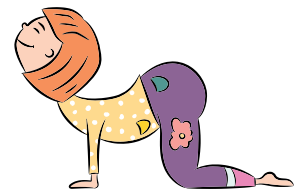
Cat Pose



Camel Pose



Cow Pose



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Front cover

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