

Are You My Mother?

Perfect for Mother's Day or really anytime this classic Dr Seuss book is ideal for kids yoga classes

AGE: Toddler to Early Elementary or try it with your tweens

TIME: 30-40 minutes

POSSIBLE YOGA POSES:

Egg	Child's Pose (Balasana)
Nest	Diamond Pose (Baddha Konasana w feet away from groin)
Mother Bird	Flying Bird Breath
Tree	Tree Pose (Vrksasana)
Kitten	Cat/Cow
Chicken	Squat w wings & clucking
Dog	Downward Facing Dog (Adho Mukha Svanasana)
Cow	Cow Pose (Gomukasana)
Car	Easy Pose (Sukhasana) w hands on steering wheel & engine/driving sounds
Boat	Boat Pose (Navasana)
Plane	Warrior III (Virabhadrasana III) with arms out to sides
Snort	Standing tall using hands as the bucket to pick up bird and place it high in the nest

