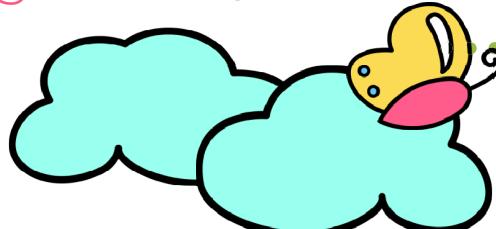
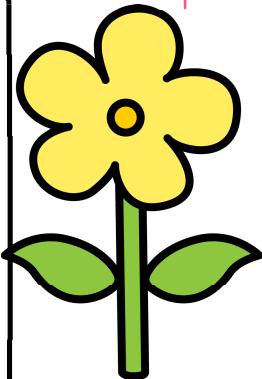


# Spring Yoga Sequencing & Meditation



**FREE**  
**VERSION**

## INSTRUCTIONS:

1. Print out Yoga Sequencing Story and Meditation Poster.
2. The story is meant to be performed as a yoga sequence.
3. Find your Yoga cards to accompany the posters.
4. Complete the poses as you tell the story.
5. At the end of the sequence, play the accompanying song or mediation.
6. Have the children take turns leading the group through their favorite yoga sequence.
7. Optional: use story/topic as writing or discussion points  
(For Example: Describe a flower. Use all your senses, what does it smell like ?).



Border From the Pond <http://frompond.blogspot.com>

Graphics From Whimsy Clips <https://www.teacherspayteachers.com/Store/Whimsy-Clips>

# HOW TO GROW A FLOWER

## *Yoga Sequencing*

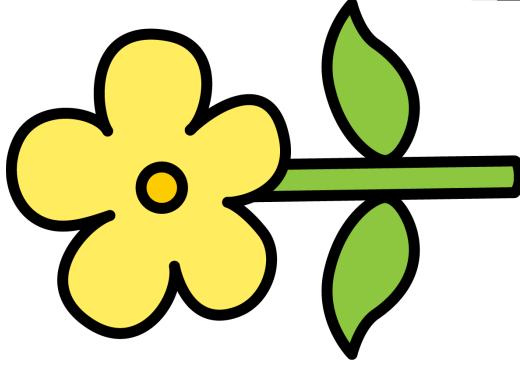
### STORY & MEDITATION

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#### SONG:

Flower Breath by Kira Willey

#### YOGA SEQUENCES:



- ① Plant the seed : Child's Pose
- ② Grow into a bud : Hero Pose
- ③ Water and Sunshine : Mountain Pose with rain fingers and sun overhead
- ④ A flower blooms : Flower Pose

# HOW TO GROW A FLOWER

## SPRING Yoga Sequencing

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- 1 **Plant the Seed**  
CHILD'S POSE
- 2 **Grow into a Bud**  
HERO POSE
- 3 **Water and Sunshine**  
MOUNTAIN POSE
- 4 **A flower Blooms**  
FLOWER POSE

