

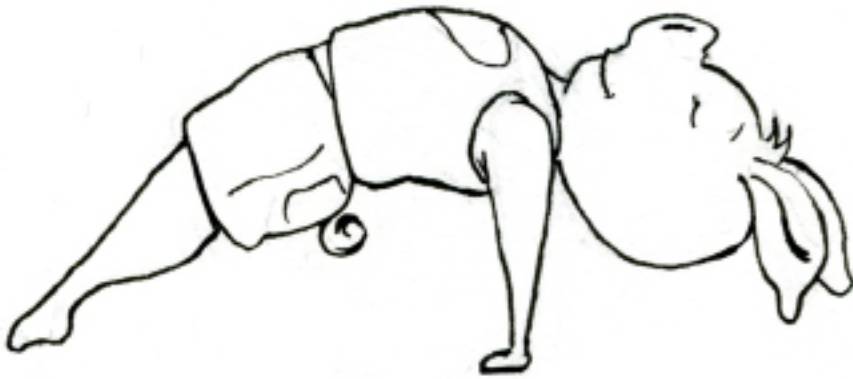
Adho Mukha Svanasana
(Downward Facing Dog)



Vrksasana
(Tree)



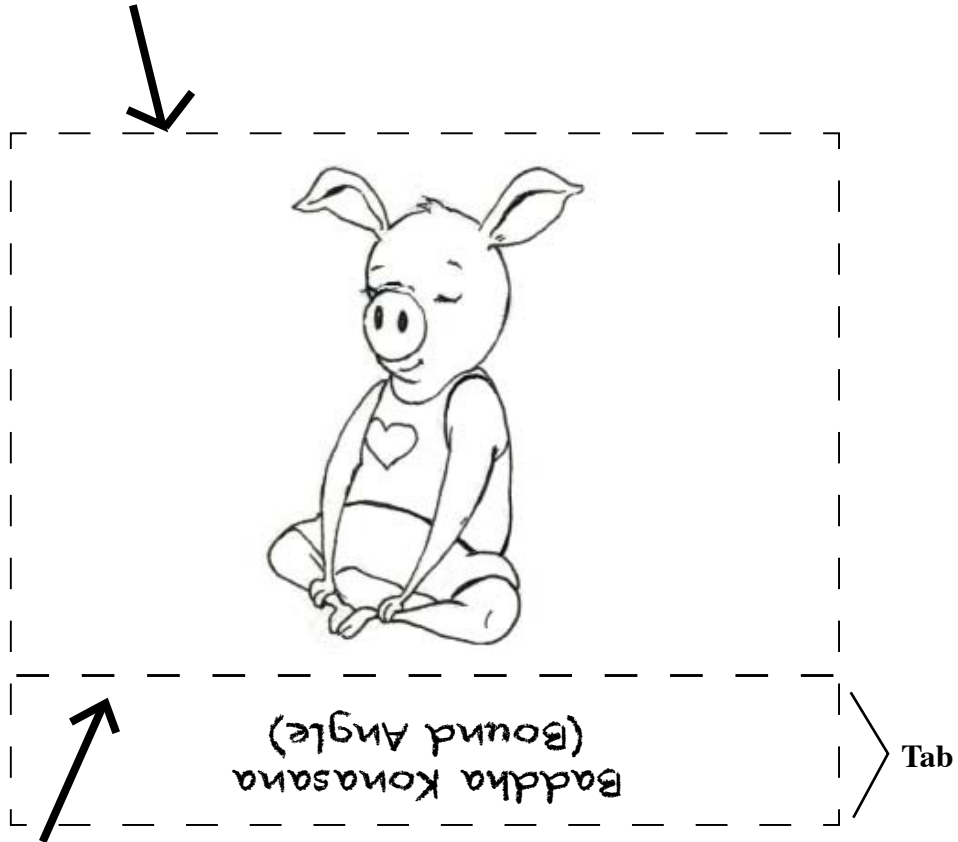
Virabhadrasana II
(Warrior 2)



Purvottasana
(Upward Plank)

How To Use This File!

Cut card along the dotted lines.



Fold along the dotted lines and fasten tab with double-stick tape or glue. Once the tab is folded, you'll be able to see the English/Sanskrit terms while your little Yogi or Yogini is identifying the pose.

Get Creative!

Have the kids color Piggy and then glue the flash cards to construction paper!

The flash cards measure 6"wide x 5" high. You can glue the printed card to a piece of cardboard or foam board. If you do, then cut your backing board to 6.5"wide x 5.5" high to leave a border. Instead of folding, cut along the horizontal line and glue or tape the English/Sanskrit tab to the back side.

I welcome your comments and suggestions. If you'd like to work with me to develop a set of your own cards specific to your style of Yoga, I would love to hear from you. You can contact me at cyn@cynnarcisi.com.

Thank you!
Namaste,
Cyn