

SUMMER BEACH YOGA

Surfing pose



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Beach chair pose



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Watermelon pose



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Coconut tree pose



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Swim ring pose



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Yacht pose



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Seagull pose



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Sand castle pose



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Sandals pose



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Hermit crab pose



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- Homework -

Let's make your original poses!

- Hibiscus

- Popsicle

- Pineapple

- Straw hat



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★Check the instructions of Summer Beach Yoga poses and lesson ideas on our website!

<https://www.pyramid-kids-yoga.com/summer-beach-yoga>

★'Summer Beach Mindfulness Coloring' FREE download available

<https://www.pyramid-kids-yoga.com/summer-beach-mindfulness-coloring>

★ We published our kids yoga books! Available on Amazon worldwide!

'Sora and Ryan's Yoga Adventure in Singapore'

<https://www.pyramid-kids-yoga.com/kidsyoga-book1>

'Sora and Ryan's Yoga Adventure in Japan'

<https://www.pyramid-kids-yoga.com/japan>

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