

**North Pole Yoga**

★ Boat pose ★



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**North Pole Yoga**

★ Puffin pose ★



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**North Pole Yoga**

★ Whale pose ★



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**North Pole Yoga**

★ Igloo pose ★



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★ Sea Angel pose ★



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★ Snowflake pose ★



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## North Pole Yoga

### ★ Baby Seal pose ★



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## North Pole Yoga

### ★ Mother Seal pose ★



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## North Pole Yoga

### ★ Polar bear pose ★



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## North Pole Yoga

### - Homework -

Let's make your original poses!

- Walrus



- Polar fox



- Polar rabbit



- Orca



- Northern light



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★Check the instructions of North Pole Yoga poses and lesson ideas on our website!

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

★'North Pole Yoga Coloring' FREE download available

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

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

'Sora and Ryan's Yoga Adventure in Japan'

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

'Sora and Ryan's Yoga Adventure in Singapore'

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

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