

# Jack and the Beanstalk Yoga

## Story Sequence



cat-cow pose  
(COW)



child pose (BEAN)



tree pose  
(BEANSTALK)



warrior  
pose  
(CASTLE)



Lion pose  
(GIANT) fee fi fo fum!



(FALLEN  
BEANSTALK)  
reclining pose

a moment of mindfulness to think  
about what we are grateful for.

~ Have a go at 'yoga storytelling' using these  
poses to re-tell this traditional tale.