

# The Gingerbread Man dynamic storytelling Yoga Sequence.

① Mountain Pose  
(Baker)  
standing tall, palms together.

② Rooftops  
(...and his wife)  
face to face with your partner, palms touching, push hands upwards.

③ Warrior Pose  
(the Gingerbread Man)  
one leg bent, the opposite stretched backwards, arms wide.

④ Squat (boy)  
crouched down, palms together.

⑤ Cow pose (cow)  
on all fours, back dropped, bottom up, head up. "moo"

⑥ Downward dog  
(horse)  
bent forward legs straight.  
"neigh"

⑦ plank (fox)  
lying down, weight on forearms and feet.

"Run, run as fast as you can. You can't catch me. I'm the Gingerbread man!"  
... but who does?