

We're Going on a Bear Hunt Yoga

grass (mountain pose)



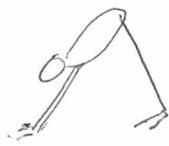
standing tall, arms raised. Gently sway repeating "swishy swashy"

river (butterfly pose)



sitting with soles of the feet together, using arms to make a breaststroke motion, repeating "splish splash"

mud (downward facing dog)



bend forward, hands flat, legs straight. Use hands to make "squelch squerch" action.

forest. (tree pose)



standing tall, one leg bent... "stumble trip"

bear (Lion pose)



sitting on hands and knees, leaning forward "aaahhh!"