



National Trust

MATCH THE YOGA POSES

Draw a line between each image of Yo-Yo and the name of the yoga pose she is doing.
If you get stuck, think about what Yo-Yo looks like.

1. FROG
(Squat pose)

3. MOUNTAIN

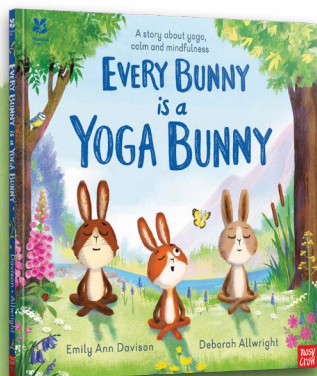
5. CURL INTO YOUR BURROW
(Child's Pose)

2. BRIDGE

4. TREE



Why don't you have a go at these yoga shapes too?



EVERY BUNNY is a YOGA BUNNY

Emily Ann Davison
& Deborah Allwright

**nosy
CROW**

(Answers: 1. C, 2. E, 3. A, 4. B, 5. D)