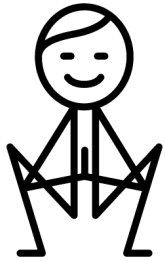
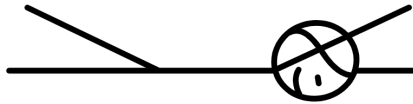


# Sports Yoga

Try out these yoga poses based on moves you might make in different sports or activities! Practice them while you count your breathes to see how long you can hold them!



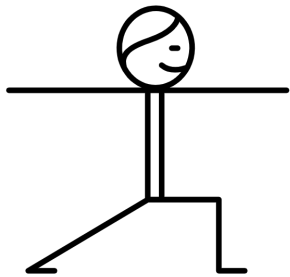
**Squat** like a baseball catcher!  
This pose is also known as **Squat Pose**.



**Kick** like a swimmer!  
This pose is also known as **Half-Locust Pose**.



**Balance** like a gymnast!  
This pose is also known as **Tree Pose**.



**Catch waves** like a surfer!  
This pose is also known as **Warrior II Pose**.



**Fly down the hill** like a skier!  
This pose is also known as **Chair Pose**.

What other poses do you know?  
Do they resemble any moves you make for sports or games?



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