

North Pole Yoga

★ Boat pose ★



Pyramid KIDS YOGA

North Pole Yoga

★ Puffin pose ★



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North Pole Yoga

★ Whale pose ★



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North Pole Yoga

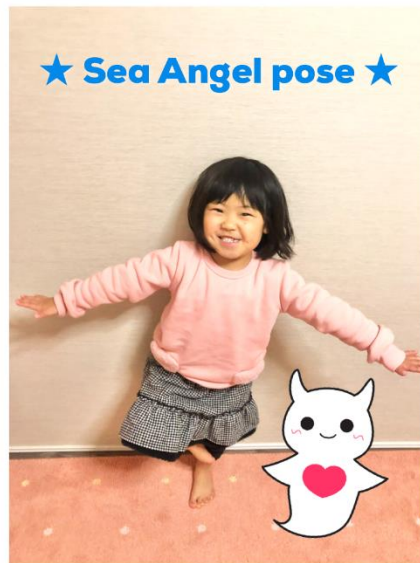
★ Igloo pose ★



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★ Sea Angel pose ★



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★ Snowflake pose ★



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★ Baby Seal pose ★



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★ Mother Seal pose ★



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★ Polar bear pose ★





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North Pole Yoga

- Homework -

Let's make your original poses!

- Walrus 
- Polar fox 
- Polar rabbit 
- Orca 
- Northern light 

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★Check the instructions of North Pole Yoga poses and lesson ideas on our website!

<https://www.pyramid-kids-yoga.com/north-pole-yoga>

★'North Pole Yoga Coloring' FREE download available

<https://www.pyramid-kids-yoga.com/northpole-mindfulness-coloring>

★Get our Kids yoga Book, 'Sora and Ryan's Yoga Adventure in Singapore' on Amazon worldwide.

<https://www.pyramid-kids-yoga.com/kidsyoga-book1>

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