

# UNDER THE SEA

Sea horse pose



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Crab pose



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Starfish pose



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Puffer fish pose



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Clam shell pose



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Coral pose



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Mermaid pose



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Octopus pose



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Shark pose



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Turtle pose



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- Homework -

Let's make your original poses!

- Dolphin
- Clownfish
- Sea anemone
- Angel fish
- Seaweed
- Jelly fish



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★Check the instructions of Under the SEA poses and lesson ideas on our website!

<https://www.pyramid-kids-yoga.com/under-the-sea>

★'Under the SEA themed Mindfulness Coloring' FREE download available

<https://www.pyramid-kids-yoga.com/under-the-sea-mindfulness-coloring>

★ We published our kids yoga books! Available on Amazon worldwide!

'Sora and Ryan's Yoga Adventure in Singapore'

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

'Sora and Ryan's Yoga Adventure in Japan'

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

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