

# Commotion in the Ocean Yoga



## Reverse Table Pose

I can see a....Crab!

Begin by sitting with your legs straight in front of you.

Bend your knees, place your feet flat in front of you and your hands flat behind you.

Straighten your arms and lift your hips up towards the ceiling.

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## Child's Pose

I can see a....turtle!

Sit back on your heels.

Slowly bring your forehead down to rest in front of your knees.

Rest your arms down alongside your body and take a few deep breaths.

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## Dolphin Pose

I can see a....dolphin!

Start on your hands-and-knees.

Bend your elbows and rest your  
forearms on the ground, with your  
palms flat.

Lift up your knees to straighten  
your legs.

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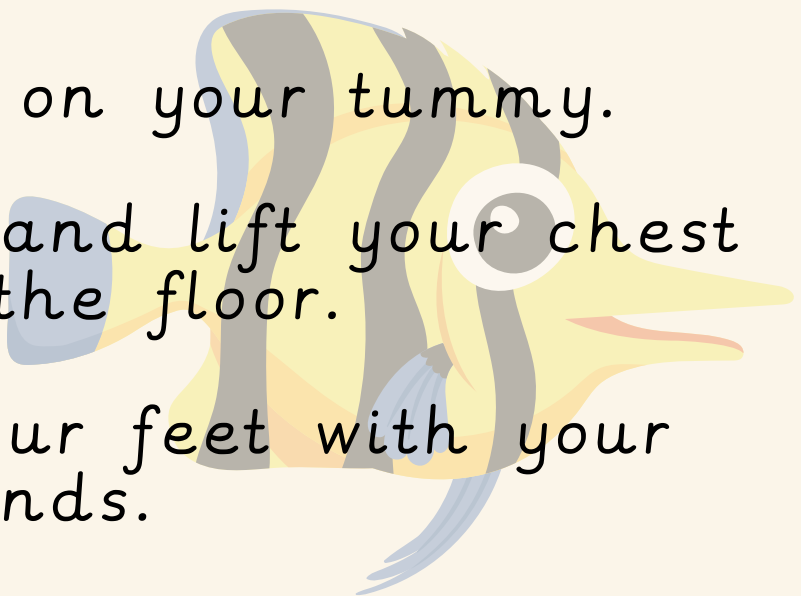


## Bow Pose

I can see an....angel fish!

Start by lying on your tummy.  
Bend your knees and lift your chest  
up off the floor.

Grab hold of your feet with your  
hands.





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## Ragdoll Pose

I can see a...jellyfish!

Stand tall in a 'Mountain Pose'.

Bend your upper body and reach for your toes.

Sway your arms like an elephant's trunk.

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Locust Pose

I can see a....shark!

Start by lying on your tummy with your chin on the floor.

Lift your head and shoulders up off the floor and look up.

Try to clasp your hands together behind you to make a shark's fin.

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## Warrior III Pose

I can see a....swordfish!

Stand on one leg. Extend the other leg behind you.

Bend your torso forward and take your arms out in front of you to pretend that you are gliding through the water like a swordfish.

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## Seated Forward Bend Pose

I can see an....octopus!

Start by sitting down on your bottom.  
Place your legs out in front of you.

Bend your torso forward, keeping your  
back straight.

Dangle your arms in front of you like  
the tentacles of an octopus.



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## Butterfly Pose

I can see a....stingray!

Start by sitting on your bottom with your back straight.

Bend your legs. Place the soles of your feet together.

Gently flap your legs like the sides of a stingray

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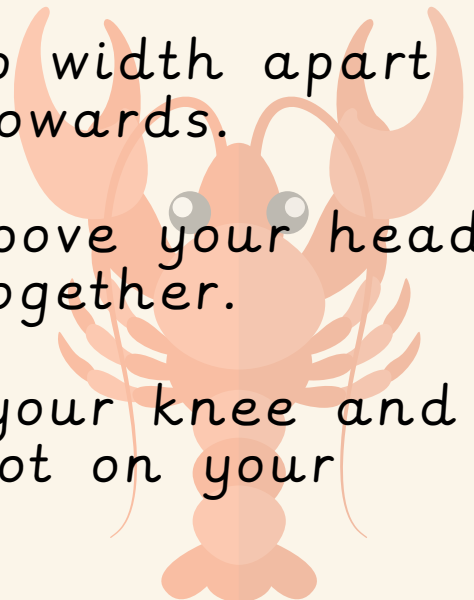
## Tree Pose

I can see a...lobster!

Stand tall with your legs hip width apart and your feet facing forwards.

Place your hands and arms above your head and push your palms together.

Now stand on one leg, bend your knee and place the sole of your foot on your inner thigh.



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## Puppy Pose

I can see....the deep sea!

From all-fours, take your hands out in front of you while lowering your chest towards the ground.

Keep your arms straight, with your elbows raised off the ground. Rest your forehead between your extended arms. Let your spine curve naturally.

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## Bridge Pose

I can see a...whale!

Start by lying flat on your back with your knees bent and your feet flat on the ground.

Rest your arms flat on the floor alongside your body. Tuck your chin into your chest.

Lastly, lift your bottom and back into the air to create a bridge shape.



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## Upward Facing Dog Pose

I can see a...walrus!

Start by lying down on your belly with your chin touching the floor.

Place the palms of your hands next to your shoulders and look up.

Straighten your arms and expand your chest.

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## Kneeling Pose

I can see a....penguin!

Start by sitting up on your knees

Open your chest and look up.

Reach your hands and arms up to the sky.

Can you waddle like a penguin?



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## Extended Child's Pose

I can see a....polar bear!

Start by kneeling down on the floor  
and sitting on your heels.

Slowly bring your forehead down to  
rest in front of your knees.

Place the palms of your hands flat  
out in front of you.

