

# Yoga Cards

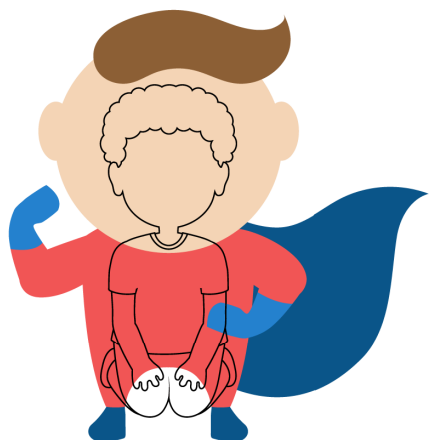


## DIRECTIONS:

1. Print out the yoga card, front to back (short edge binding printer setting), on card stock.
  - Front of Card: The front will have the yoga pose on the bottom.
  - Back of Card: The back will have basic directions for the pose.
2. Cut the card out, and laminate for durability.

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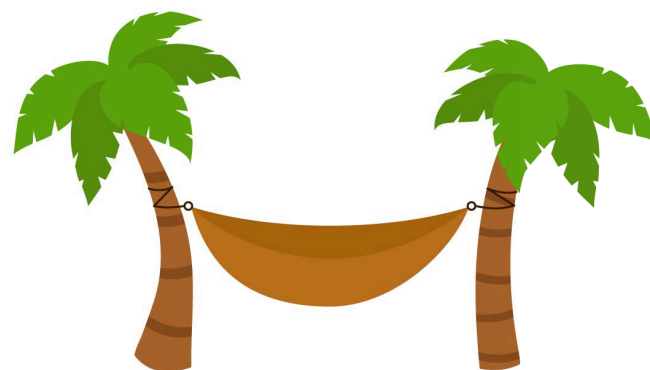
# 27 YOGA VISUAL & INSTRUCTIONAL CARDS



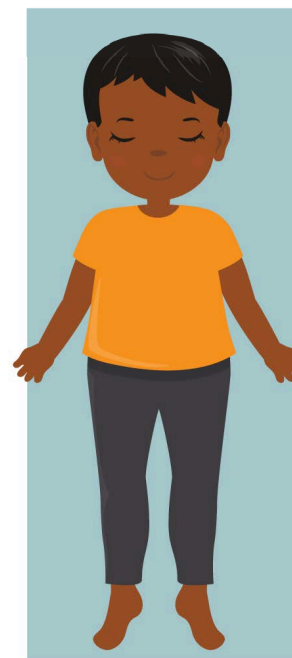
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HERO POSE



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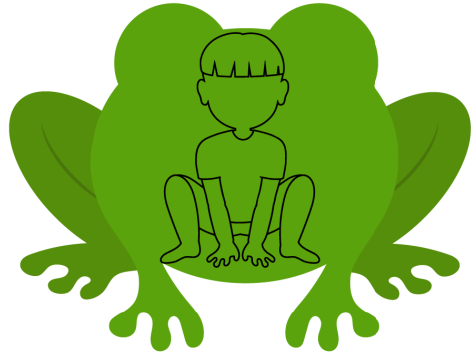
RESTING POSE

## Resting Pose

1. Lay down flat on your back.
2. Arms and legs resting to your sides.
3. Focus on breathing in and out.

## Hero Pose

1. Kneel on floor, sitting back on heels, with body upright.
2. Place hands on knees.
3. Inhale, arms up.
4. Exhale, arms down.



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FROG POSE



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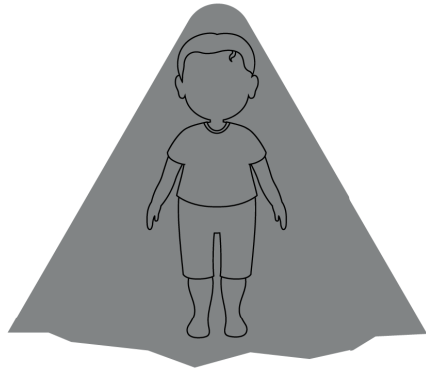
SEATED FORWARD  
FOLD POSE

## Seated forward fold Pose

1. Sit on bottom, body upright and shoulders back.
2. Extend legs out straight in front.
3. Bend body forward, with arms extending toward toes.

## frog Pose

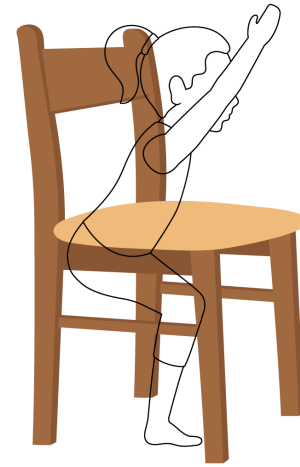
1. Stand with feet hip-width apart.
2. Squat down.
3. Place hands on floor inside feet.



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MOUNTAIN POSE



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CHAIR POSE

## Chair Pose

1. With feet together, bend both knees.
2. Sit back, like in a chair.
3. Extend arms up over head.

## Mountain Pose

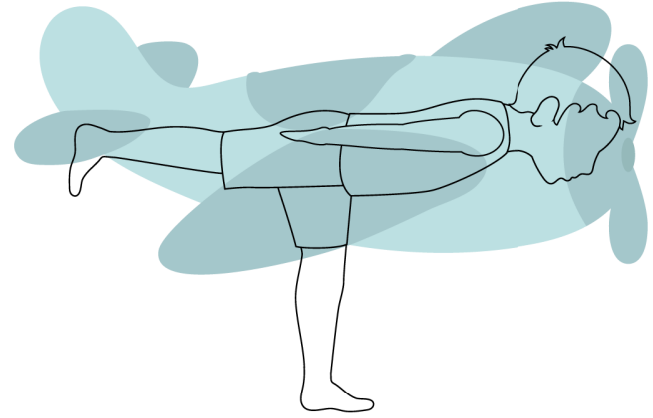
1. Stand with feet together.
2. Extend hands toward ground, hands to heart, or extend hands to sky.
3. Focus on breathing in and out.



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TREE POSE



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AIRPLANE POSE



## Airplane Pose

1. Bend forward on one foot.
2. Arms back or out to sides for wings.
3. Lift back leg up and balance.

## tree Pose

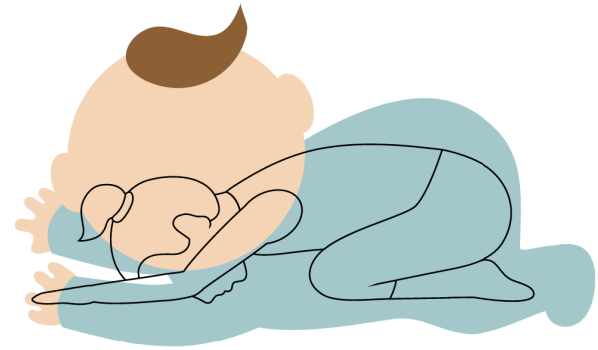
1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



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**BREATHING POSE**



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**CHILD'S POSE**

## Child's Pose

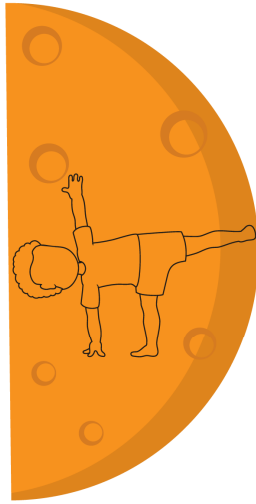
1. Sit back on your heels.
2. Fold forward over your knees.
3. Stretch arms forward or back by feet.

## Breathing Pose

1. Sit on bottom, legs crossed.
2. Rest hands knees, facing up.
3. Focus on breathing in and out.



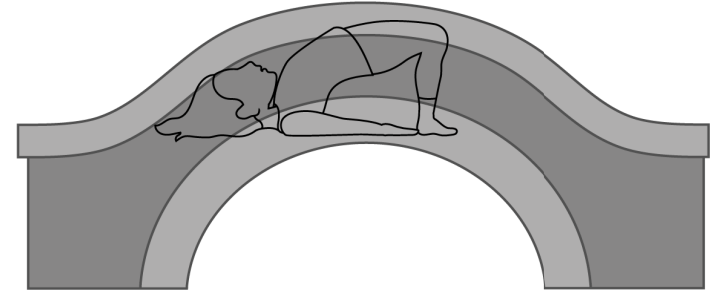
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HALF MOON POSE



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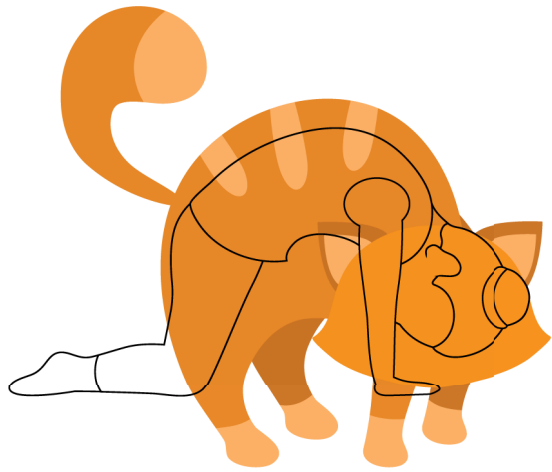
BRIDGE POSE

# Bridge Pose

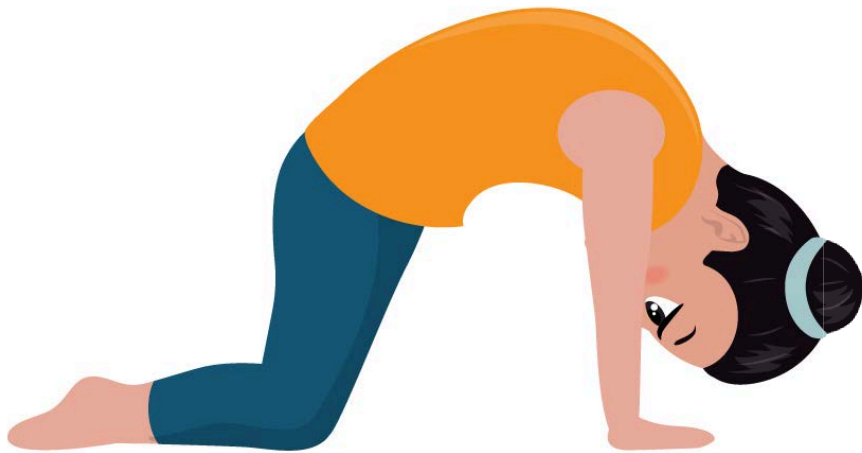
1. Lay face up on mat with knees bent and feet flat on the ground.
2. Lift your bottom, belly, and chest off the mat, keeping shoulders and arms, head and neck, flat on the ground.
3. Hold hands together underneath your bridge.

# Half Moon Pose

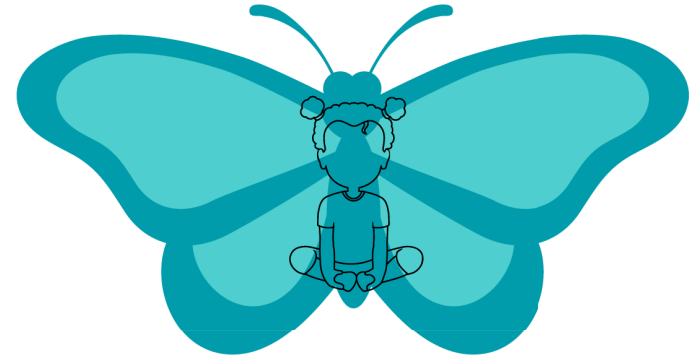
1. Stand tall with feet together, hands to heart.
2. Keep hands together and reach arms up to the sky.
3. Stretch arms over to the right, then over to the left.



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CAT POSE



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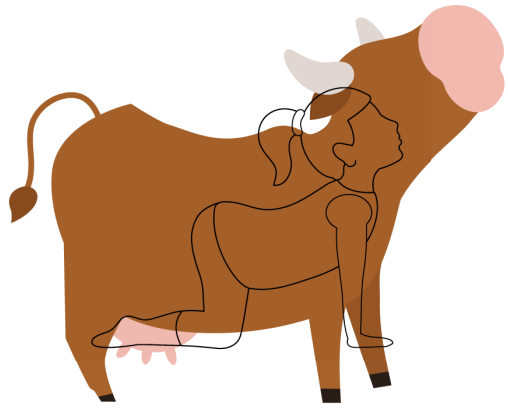
BUTTERFLY POSE

## Butterfly Pose

1. Sit up straight and tall.
2. Hold bottoms of feet together with hands.
3. Move your knees up down like butterfly wings, and focus on your breath.

## Cat Pose

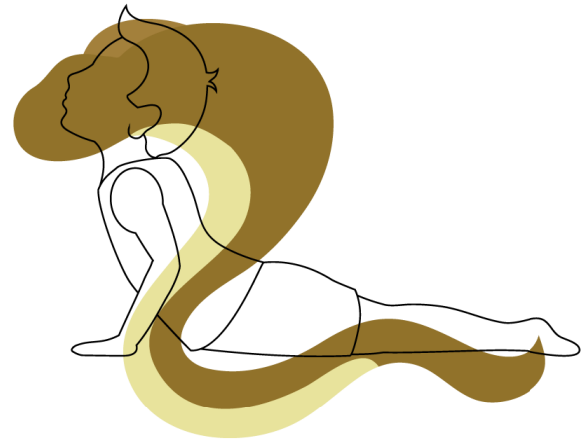
1. Place hands and knees on the ground.
2. Deep breath in, and round your back up toward the sky.
3. Tuck chin down and pull your belly in toward your back. Exhale.



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COW POSE



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COBRA POSE

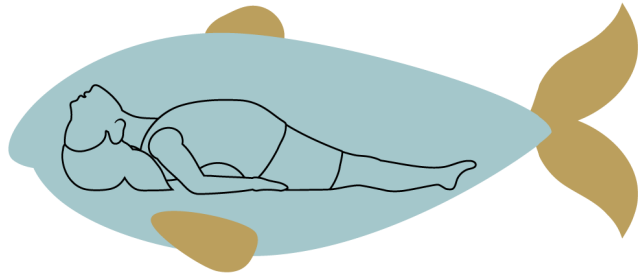


## Cobra Pose

1. Lay face down on the mat.
2. Place hands flat on the ground. Inhale, push body up and extend arms.
3. Keep your shoulders down, and your hips on the ground.
4. Exhale.

## Cow Pose

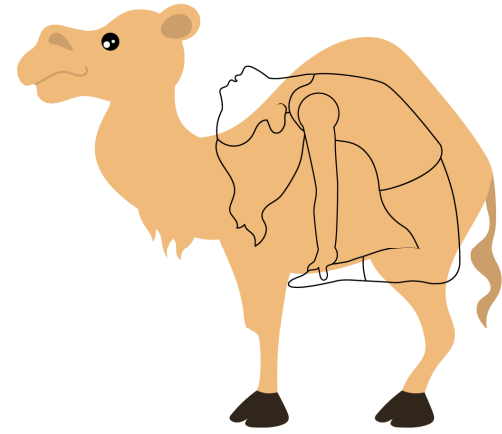
1. Place hands and knees on ground.
2. Inhale. Deep breath out, and arch your back toward the ground.
3. Stretch chin up to the sky and push your belly down.



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FISH POSE



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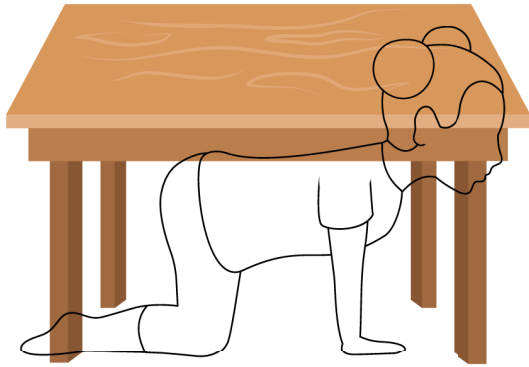
CAMEL POSE

## Camel Pose

1. Tall kneel on floor, with back straight.
2. Place hands behind you, on your heels.
3. Lift your chest up to the sky, push hips forward, and head back.

## fish Pose

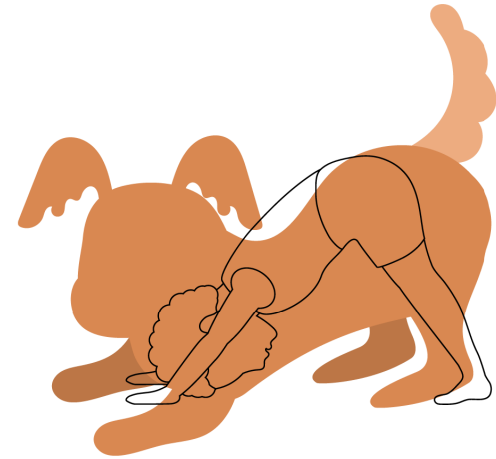
1. Lay face up on the mat, with legs stretched out straight.
2. Place hands, palms down, under your bottom.
3. Lift chest up toward the sky, keeping the top of your head on the ground.



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TABLE TOP POSE



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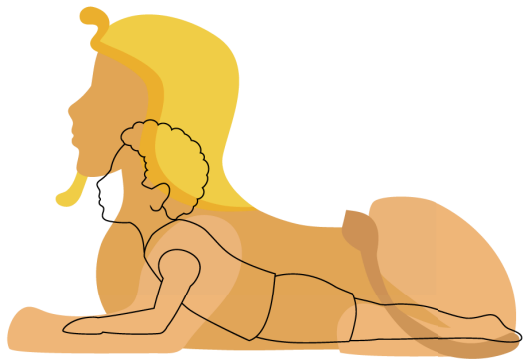
DOWNWARD DOG  
POSE

## Downward Dog Pose

1. Place hands and feet firmly on the ground.
2. Lift bottom up toward the sky.
3. Keep arms and legs straight, pushing your chest toward your legs.

## table top Pose

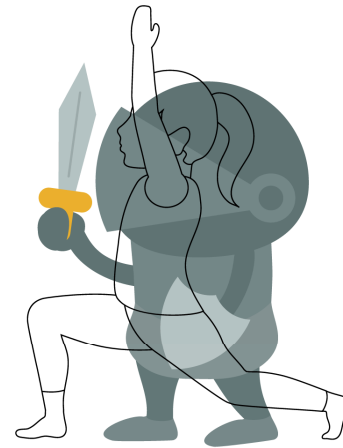
1. Place hands and knees on the ground.
2. Keep shoulders over wrists, and hips over knees.
3. Make sure your back and neck are straight, and look down toward the ground.



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SPHINX POSE



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WARRIOR POSE

## Warrior Pose

1. Bend front leg, keeping knee over the ankle.
2. Back leg stays straight, with foot planted out to the side.
3. Arms stretch up to the sky, eyes looking forward.

## Sphinx Pose

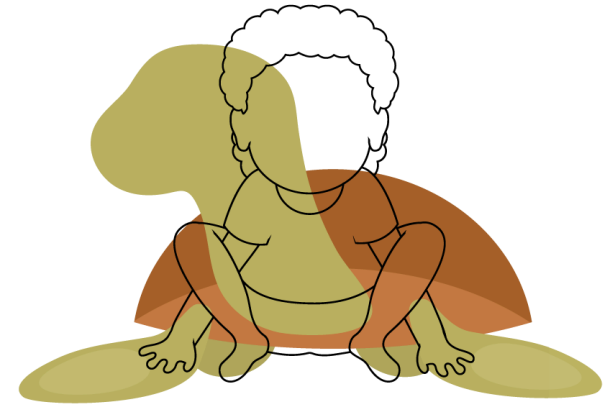
1. Lay face down on the mat.
2. Place hands flat on the ground. Inhale, push body up, and keep elbows planted on the ground.
3. Keep your shoulders down, and your hips on the ground.
4. Exhale.



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EAGLE POSE



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TURTLE POSE

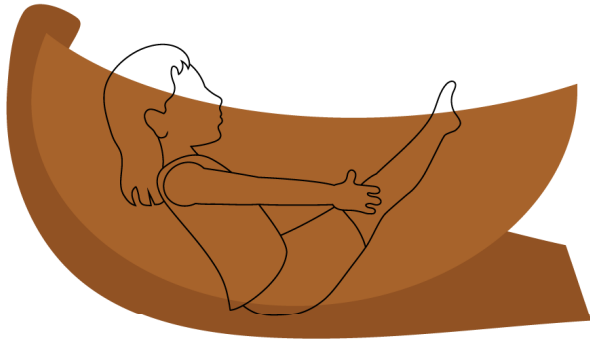


## turtle Pose

1. Sit up straight and tall.
2. Stretch legs out the sides.
3. Bend knees up toward the sky, placing hands on the ground.

## eagle Pose

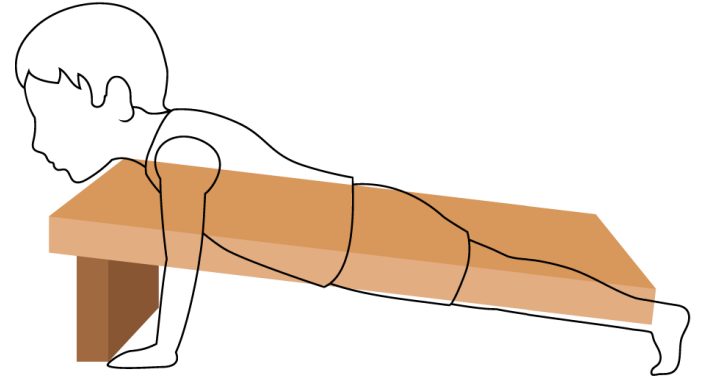
1. Stand tall and wrap arms together.
2. Balance on one foot. Wrap other leg around the grounded leg.
3. Try to bend the grounded leg, keeping your balance. Unwrap, and repeat on the other side.



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**BOAT POSE**



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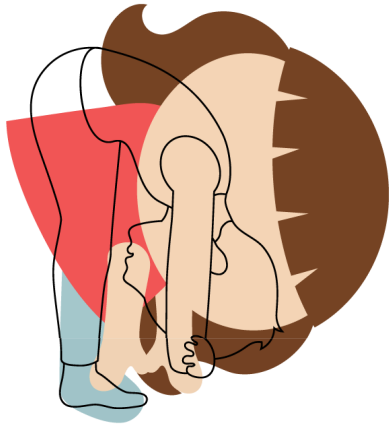
**PLANK POSE**

## Plank Pose

1. Place hands and knees on the ground.
2. Lift knees off the ground, keeping toes grounded, arms and legs straight.
3. Look down toward the ground.
4. Focus on breathing.

## Boat Pose

1. Sit up straight and tall.
2. Lift legs up off the ground, balancing on your bottom.
3. Reach arms up to the sky, or toward your legs.



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RAG DOLL POSE

# Rag Doll Pose

- 1.
1. Stand tall. Take a deep breath in, reaching arms up to the sky.
2. Exhale, fold your body at the waist.
3. Let arms and head hang toward the ground, or grab onto your elbows and sway from side to side.