

# Start/Finish

REMEMBER TO INCHWORM AWAY AND  
BACK TO THIS POINT

# Butterfly Pose

FOR AN EXTRA STRETCH, TRY  
REACHING YOUR HEAD TO YOUR TOES

# Rock Pose

FREEZE! HOLD THIS POSE FOR AN  
EXTRA 5 SECONDS!

# Tree Pose

CLOSE YOUR EYES FOR AN EXTRA  
BALANCE CHALLENGE

# Spider Pose

BOO! JUST KIDDING, NO REAL  
SPIDERS HERE!

# Seed Pose

RELAX INTO THE GROUND, JUST LIKE  
A SEED!

# Snail Pose

HOW SLOW CAN YOU GET INTO THIS  
POSE?

# Flower Pose

REMEMBER TO SQUEEZE YOUR CORE  
TO HELP YOU BALANCE!

# Frog Pose

RIBBIT, RIBBIT! HOP BACK TO THE  
STARTING POINT THIS TIME!