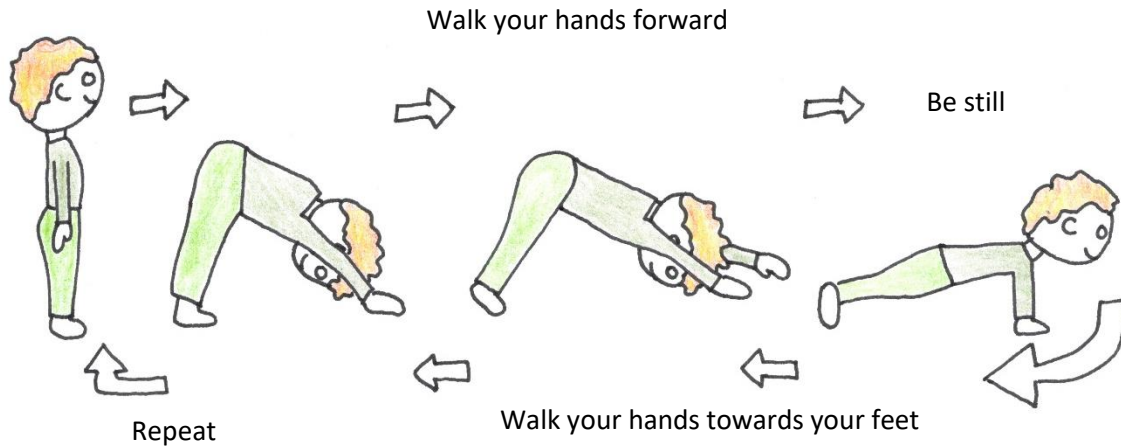


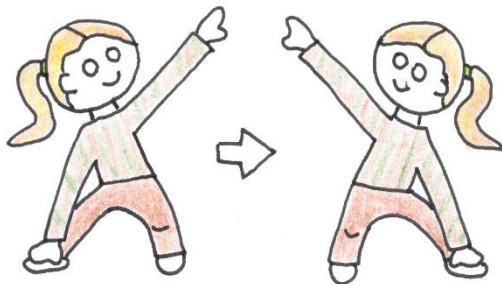
Insect Yoga Poses

imagine you are the insect that you may see or hear outside

Inchworm

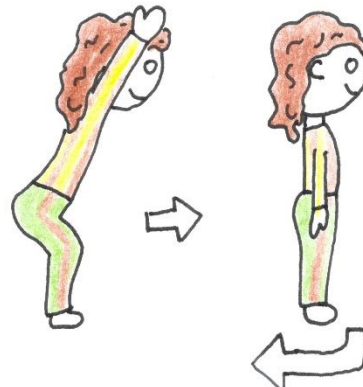


Stick Insect



Move slowly as you stretch to camouflage as a stick

Grasshopper



Repeat grasshopper jumping movements

Bee



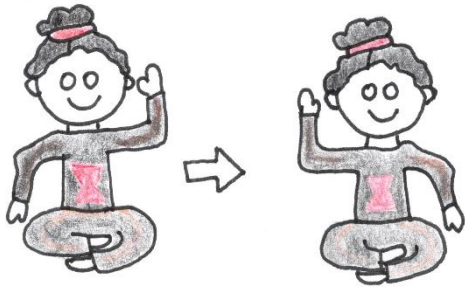
Twist at the hips, keeping your wings (arms) outstretched

Butterfly



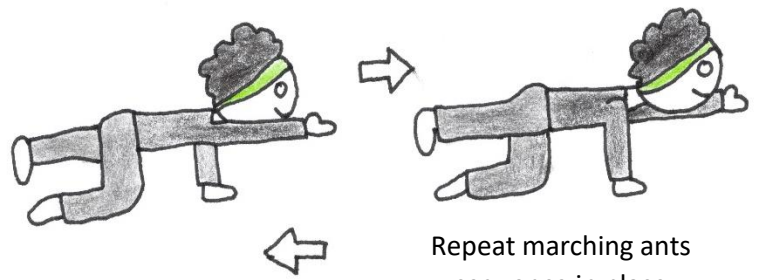
Gently flap your wings (legs)

Spider



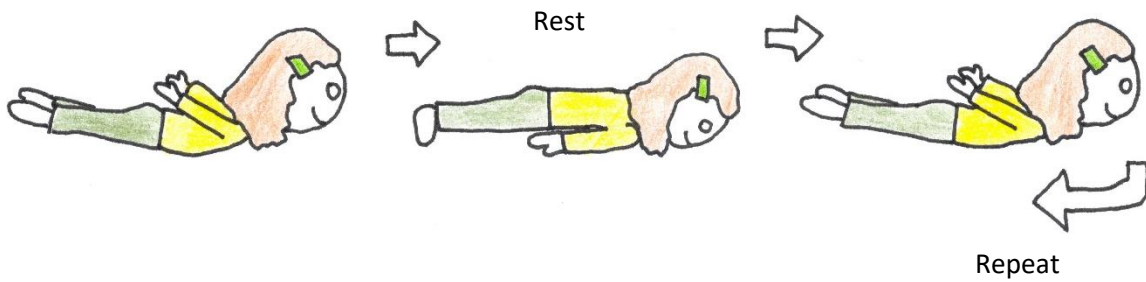
Repeat spider crawl (arms up & down)

Ant

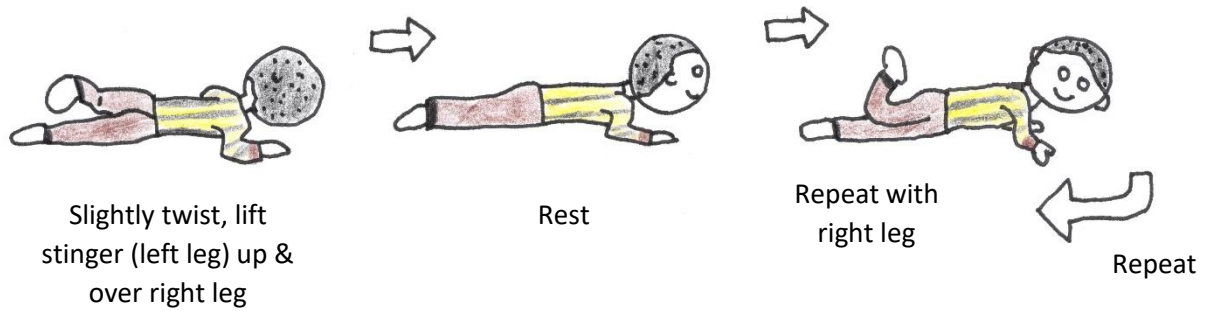


Repeat marching ants sequence in place

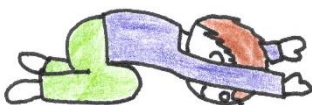
Locust



Scorpion



Beetle



Breathe in & out



Namaste!