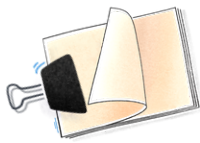


Make Your Own

YOGA FLIPBOOK

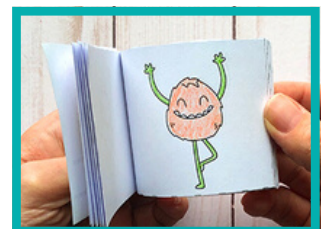
Yoga is a fun way to breathe, move, and relax! Yoga makes you calm when you're too excited and makes you feel energetic when you feel tired. It helps you bring your mind back into your body when it wants to wander.

Using this printable pack, you can make three yoga flipbooks: dragon breathing, tiger pose, and tree pose.



How to make your flipbook

- 1** **Print** out the first flipbook on pages 2-5. Color the character if you wish. Next, cut out the flipbook pages along the dotted lines.
- 2** **Place** the flipbook pages in numerical order with number 1 on top. Place the flipbook title on top of the first page.
- 3** **Place** a binder clip to hold the flip book together. **Tip-** make sure all the pages are aligned by placing the right edge of the flipbook on a table to level, then clip the binder on the left side to hold in place.
- 4** **Place** your left hand on the left side of the flipbook and with your right hand, flip the pages in the book starting with the top page.



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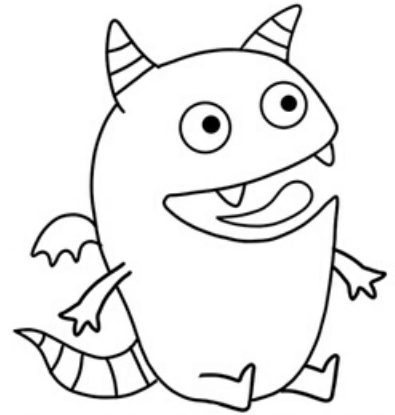
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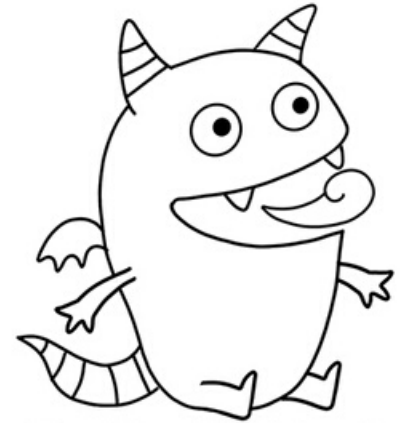
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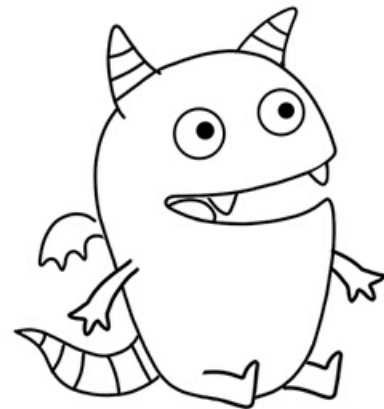
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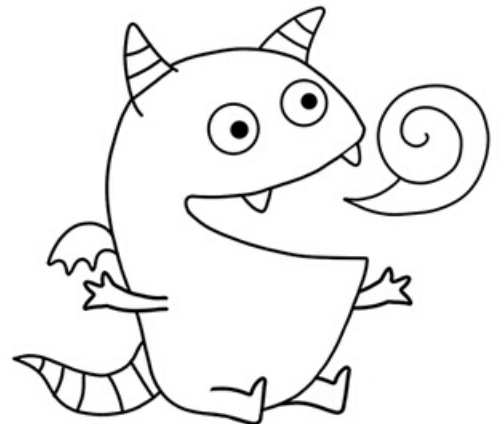
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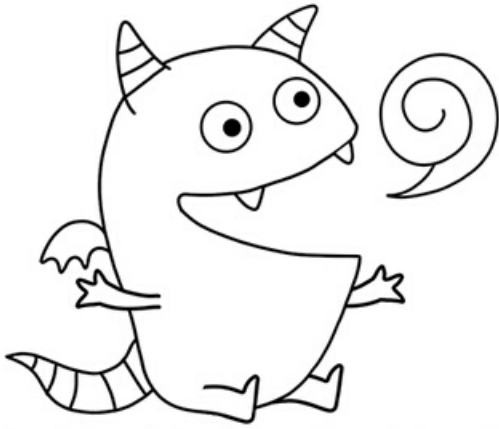
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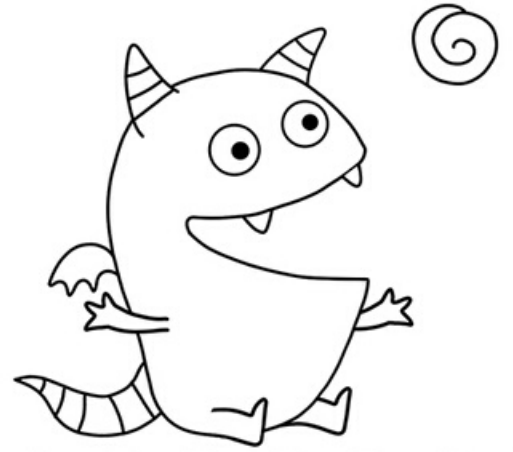
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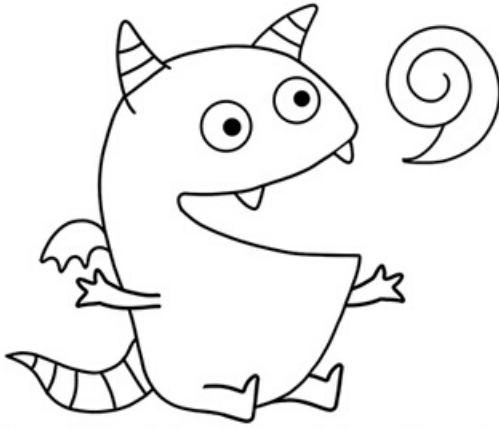
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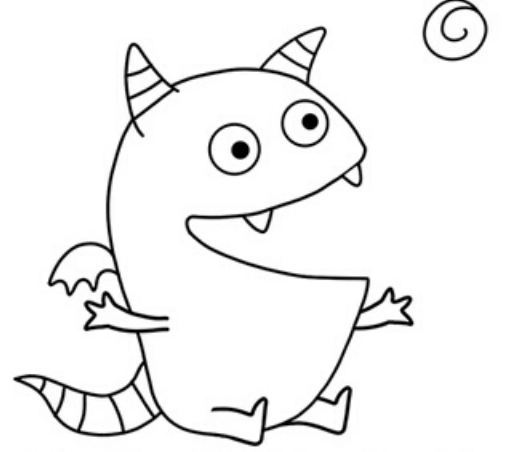
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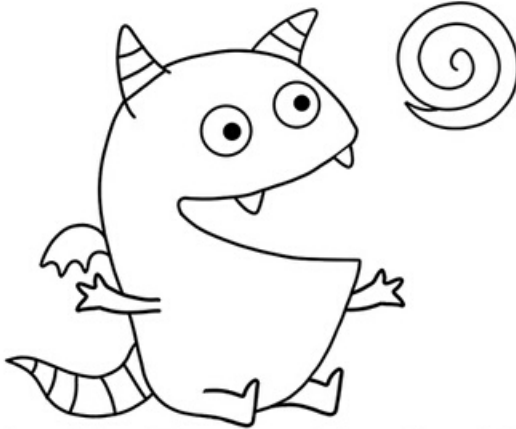
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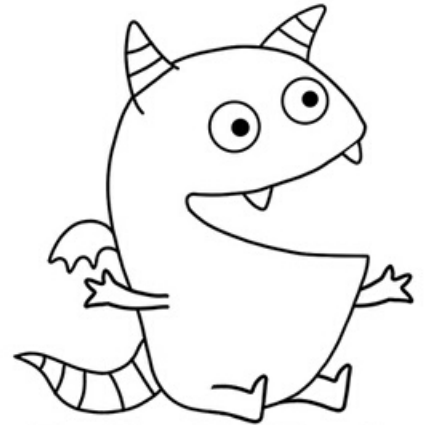
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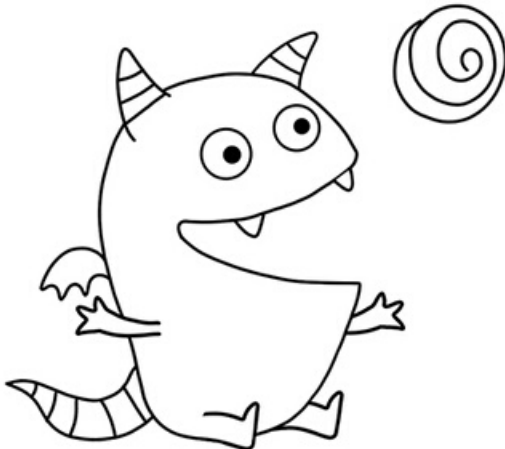
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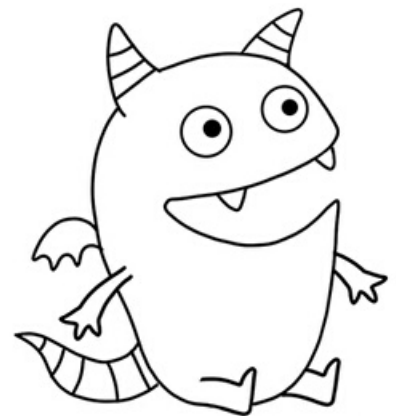
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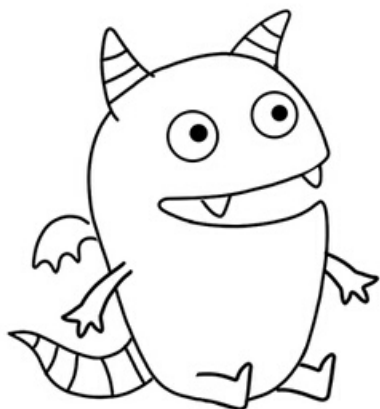
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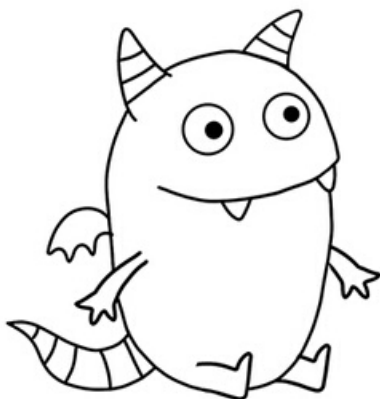
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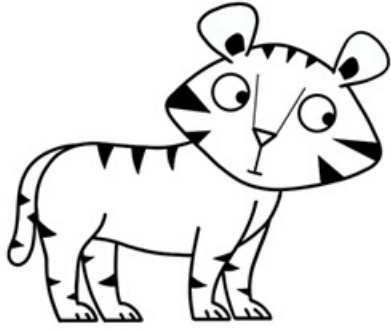
YOGA FLIPBOOK

DRAGON BREATHING

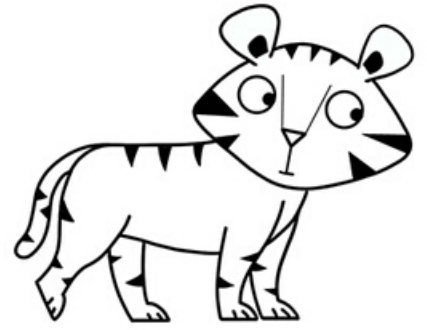


- **SIT CROSS LEGGED OR KNEELING** with your spine long.
- **TAKE A DEEP BREATH IN** through your nose.
- **BREATHE OUT** like you're blowing out fire... or ice!
Exhale completely. You can also stick out your tongue and open your eyes and mouth wide on the exhale.

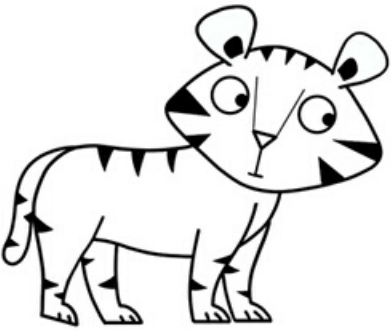
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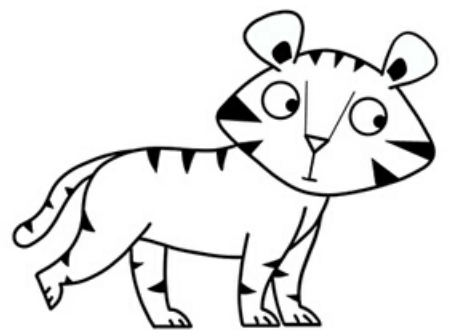
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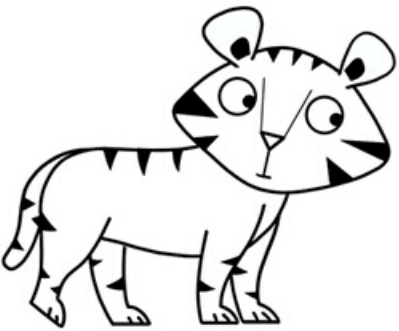
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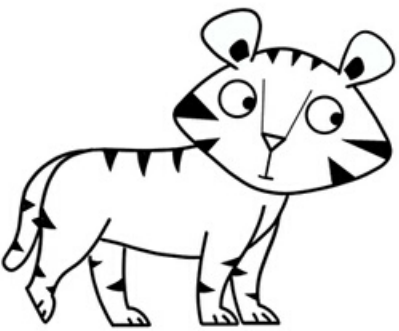
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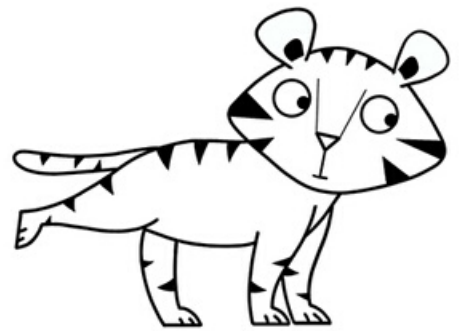
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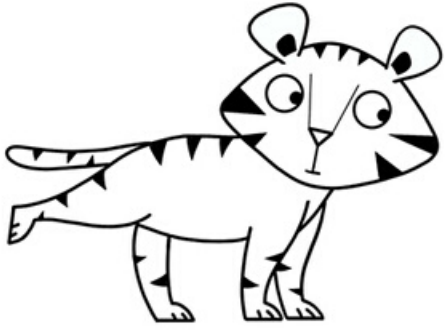
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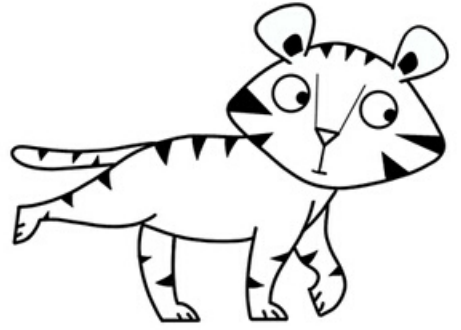
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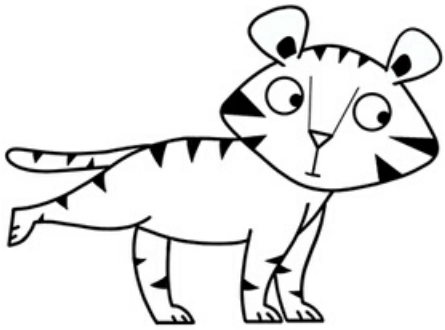
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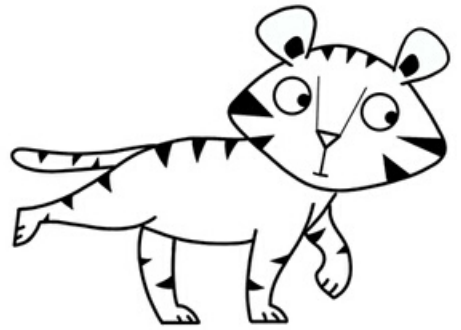
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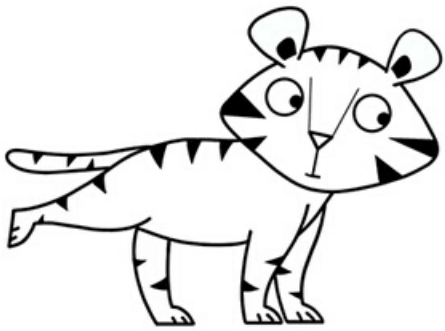
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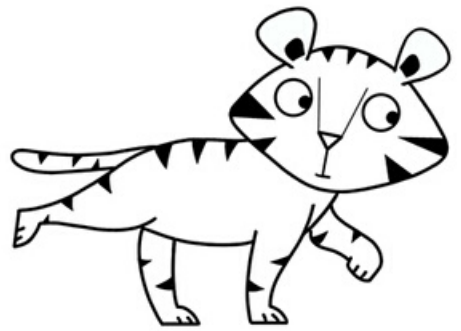
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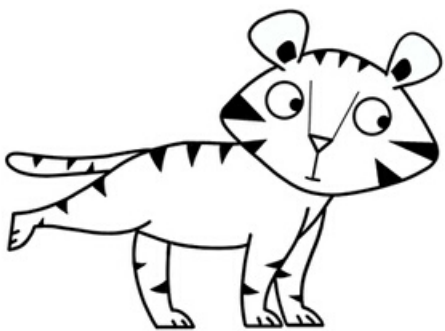
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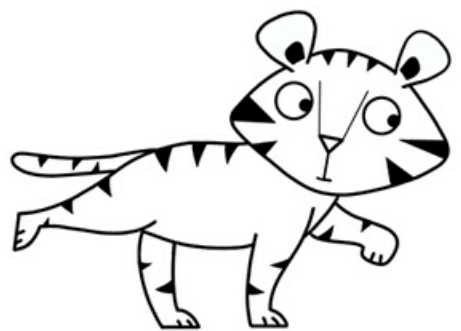
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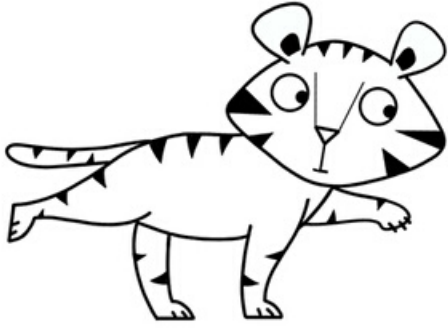
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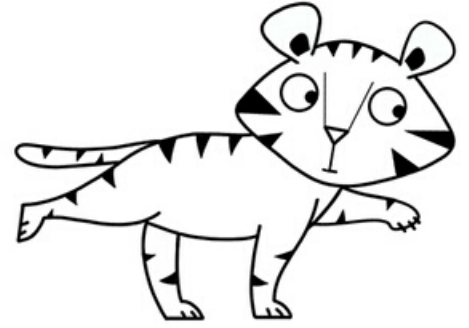
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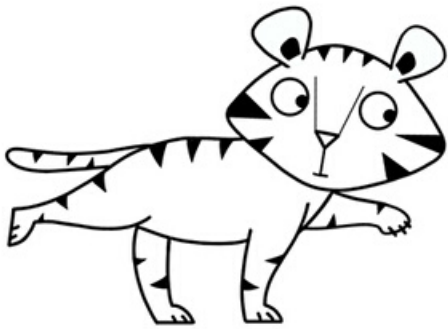
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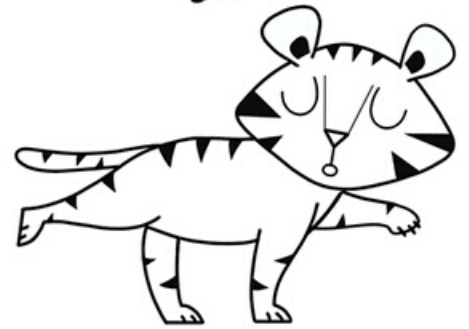
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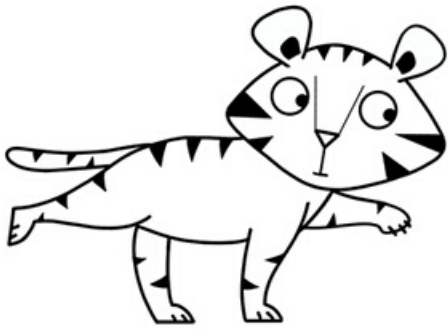


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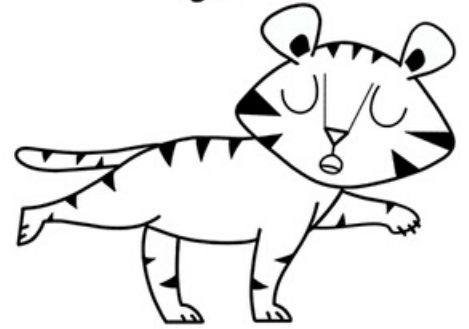


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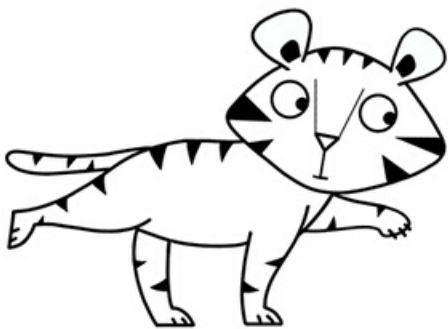


24



RO

21



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ROA

ROAR

26



ROAR!

30



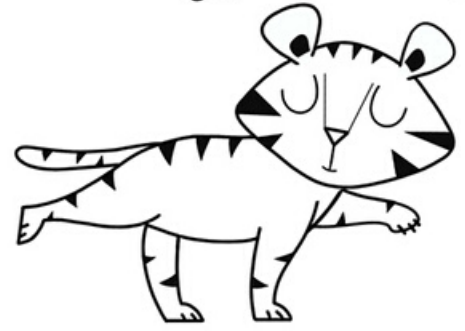
ROAR!

27



ROAR!

31



ROAR!

28



MINDFULNESS FLIPBOOK

TIGER POSE



- **STAND ON YOUR HANDS AND KNEES.** Stretch out your right leg behind you like it's a tail. Make your leg straight and push your heel towards the back of the room. Be sure your toes are pointing down towards the floor.
- **STRETCH YOUR LEFT ARM OUT** in front of you. Use the tips of your fingers to reach forward as far as you can.
- **AND LAST BUT NOT LEAST - REMEMBER TO ROAR!**

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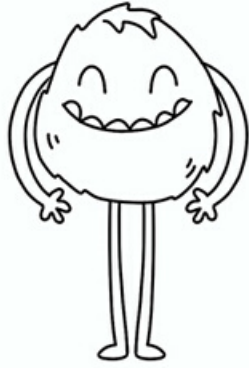


ROAR!

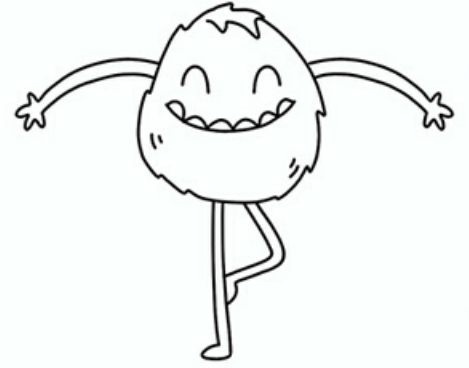
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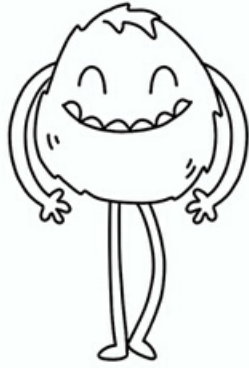
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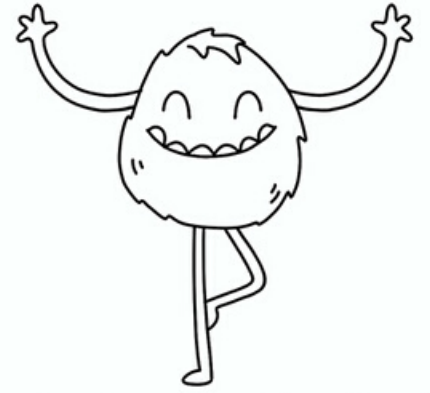
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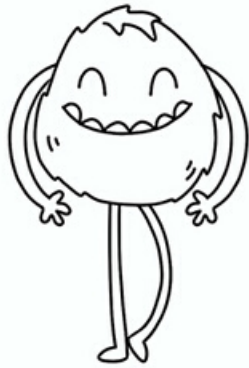
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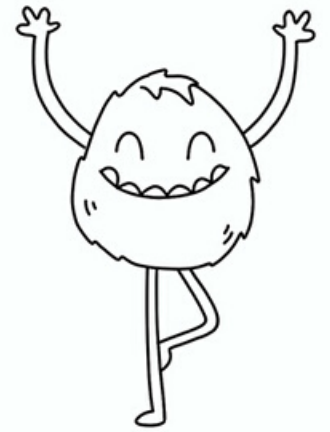
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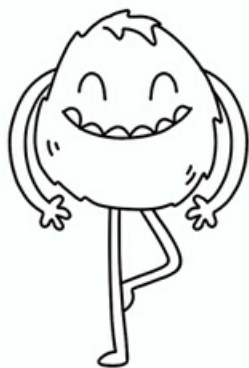
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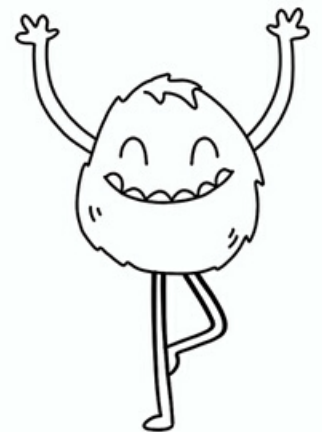
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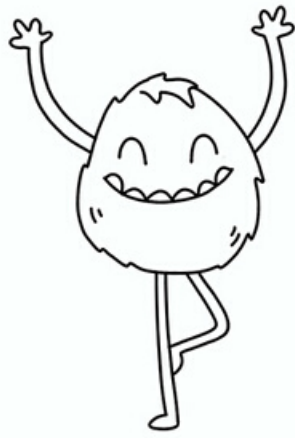
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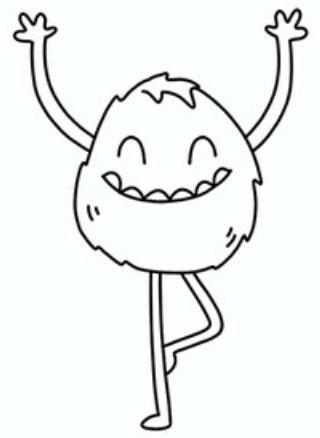
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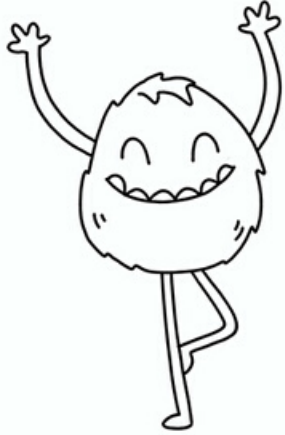
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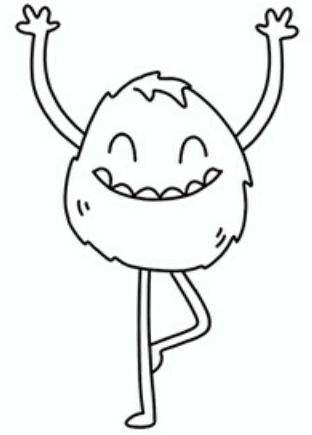
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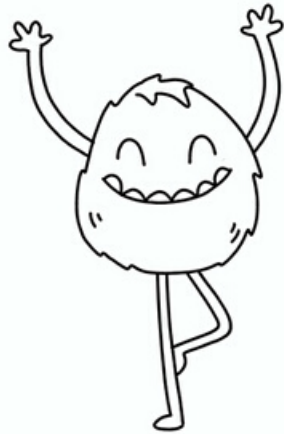
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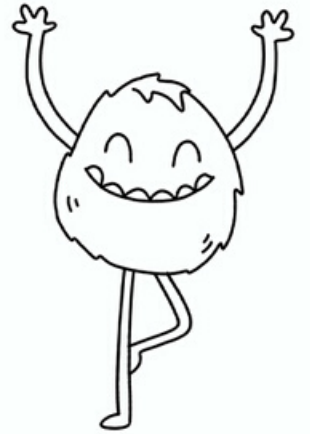
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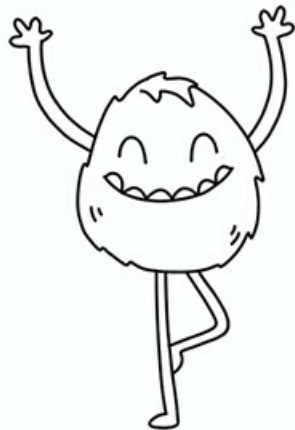
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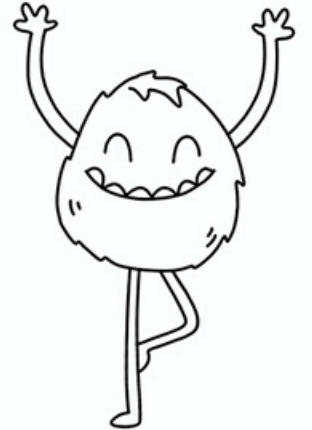
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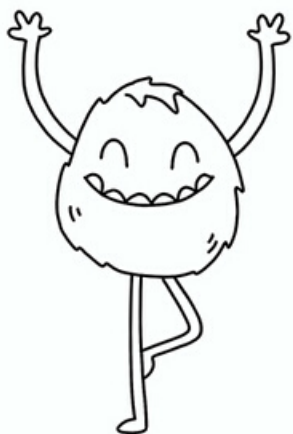
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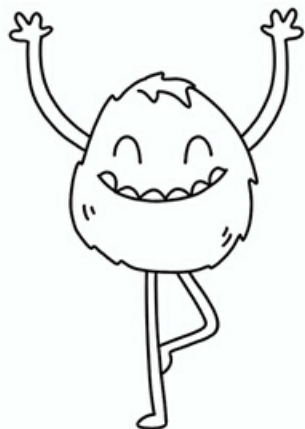
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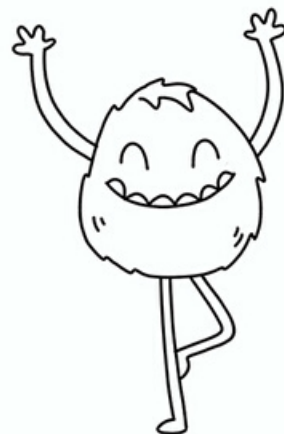
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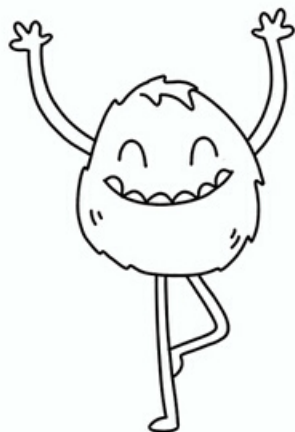
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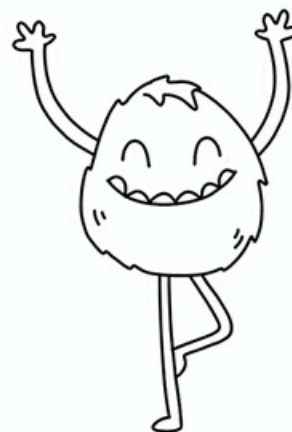
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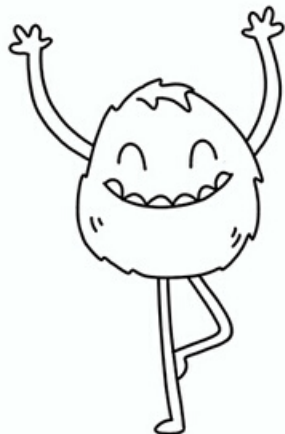
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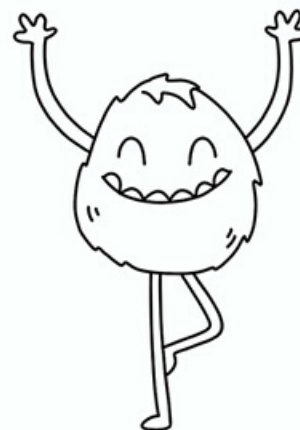
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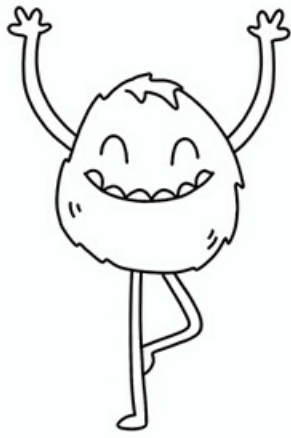
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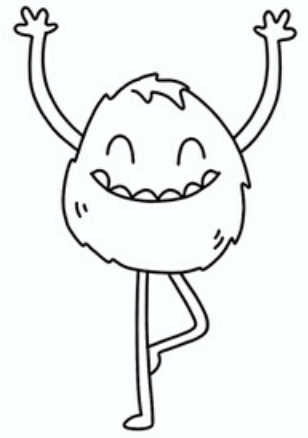
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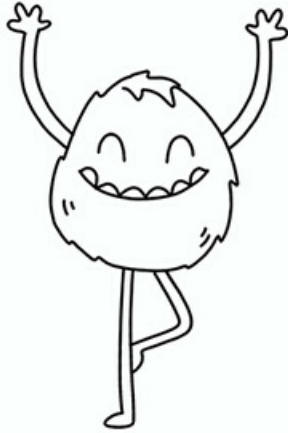
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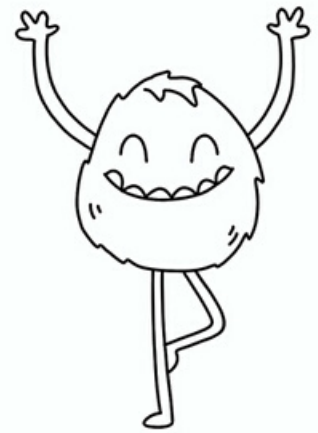
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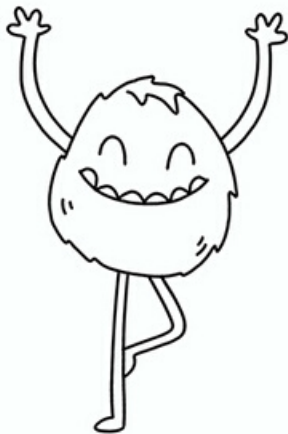
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YOGA FLIPBOOK

TREE POSE



- **STAND TALL** with your feet hip-width apart.
- **SLOWLY LIFT ONE FOOT**, bend your knee and bring the sole of your foot onto the inner thigh or calf of the other leg.
- **RAISE YOUR ARMS UP** to create the shape of your favorite tree.

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