

Weeks 3 & 4: Ocean Yoga Flow



Easy Pose (*Sukhasana*)

Start seated to get ready to dive into the water.



Wide Legged Forward Bend (*Prasarita Padottansana*)

First you see a jelly fish. Create your jelly fish shape, then release your hands and wiggle your tentacles as you roll up.



Locust (*Salabhasana*)

The next sea creature we see is a great white shark! Create your shark shape by laying down. Then lift your feet, legs and chest off the mat.



Dolphin (*Catur Svanasana*)

Next we see a friendly dolphin. Pretend you are a dolphin swimming and jumping out of the water.



Tortoise Pose (*Kurmasana*)

Now you're a sea turtle. Are you a baby sea turtle, a mama sea turtle or grandpa sea turtle? Make sure to wiggle your flippers!



Half Upward Plank (*Ardha Puvottansana*)

Next you see a crab scurry across the sand. Get into your crab position then walk toward the ocean and backwards towards the shore.



Corpse (*Savasana*)

You've made it to the edge of the shore to rest after your ocean adventure. Which sea creature was your favorite today?

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."