Gillian's

Yoga Book

Sarah Roberson

Why Do Yoga?

- It helps you listen better.

- It increases your balance and posture.

- It helps you concentrate and focus.

- It makes you stronger.

- It calms when you are mad.

- It increases your awareness.

- It makes you feel better.

Mickey's Mountain
Pose

Toodle's Tree Pose

Minnie's Moon Pose

Scrooge's Stance Pose

Goofy's Great
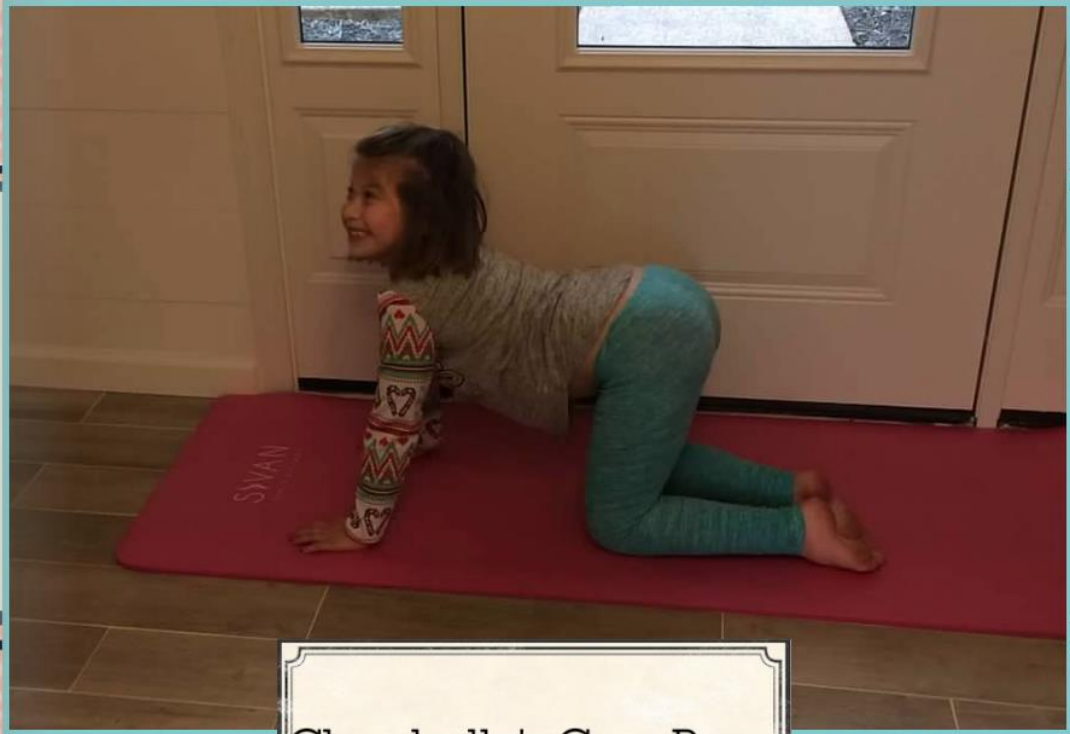Balance Pose

Donald's Duck Pose

Daisy's Doll Pose

Pluto's Dog Pose

Figaro's Cat Pose

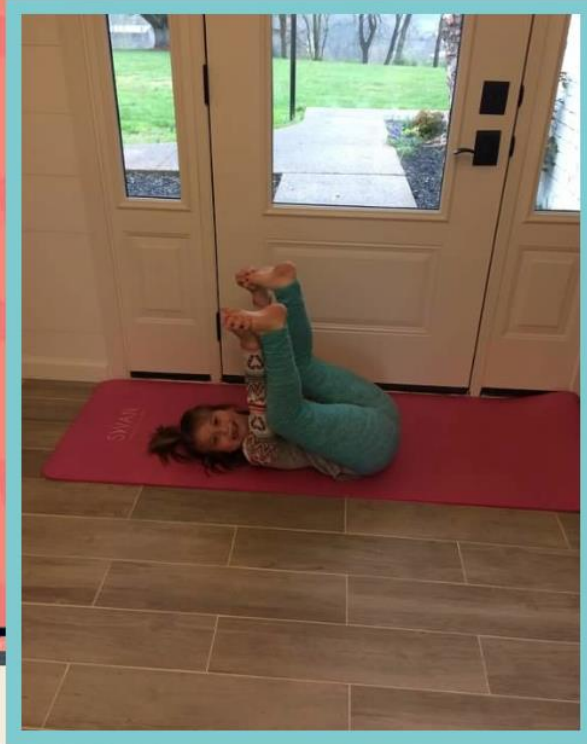Clarabelle's Cow Pose

Pluto's Pushup Pose

Chip's Child Pose

Bentina Beakley's
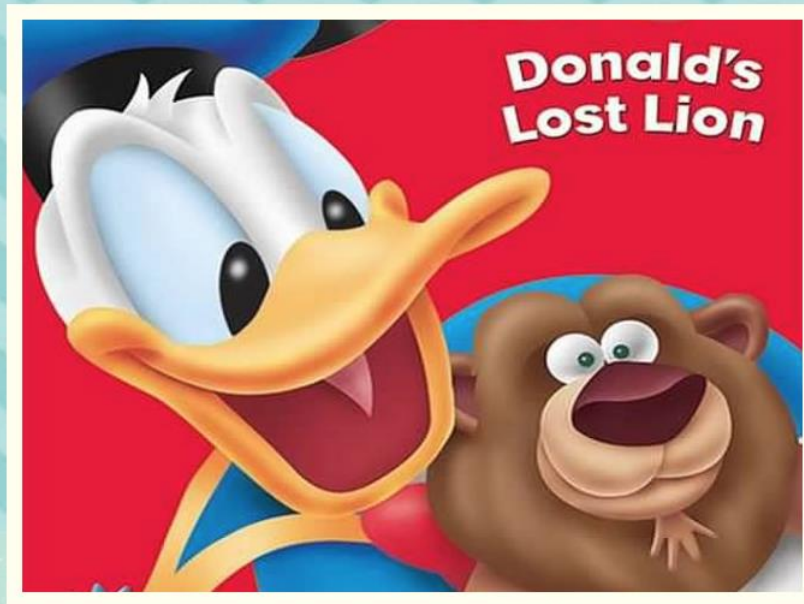Butterfly Pose

Pete's Pretzel Pose

Horace's Happy Pose

Louie's Laying Pose

Mickey's Breathing Breaks

Donald's Lost Lion

Roar like Donald's Lost Lion

Buzz like Spike the Bee