

Dinosaur Yoga

Activity Guide



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Your Morning Yoga Flow

Directions: Follow these 8 poses for a complete morning routine. Hold each one for 3–5 slow breaths!

1

T-Rex Reach

Reach up high, then bend your knees and sit back into your strong dino legs.

2

Pterodactyl Wings

Stretch your arms wide like wings and gently tilt from side to side.

3

Brontosaurus Stretch

Stretch up tall, then reach down toward the ground to stretch the backs of your legs.

4

Jungle Vine Twist

Sit with feet together, legs apart and gently twist to look over each shoulder.

5

Shooting Star Stretch

Spread your arms and legs as wide as you can like a giant shooting star.

6

Dino Tree Balance

Balance on one leg with your arms stretched out like strong tree branches.

7

Giant Rainbow Stretch

Reach your arms overhead and gently bend from one side to the other.

8

Volcano Breath

Take a deep breath, then breathe out as you open your arms wide with a giant smile.

Little tip: It's okay if a pose feels wobbly — even Cassie practices every day!

Pose 1

T-Rex Reach

REACH FOR THE SKY



1

Stand tall with your feet apart.

2

Reach both arms up high for the tallest leaves.

3

Take a slow breath in through your nose, and a slow breath out.

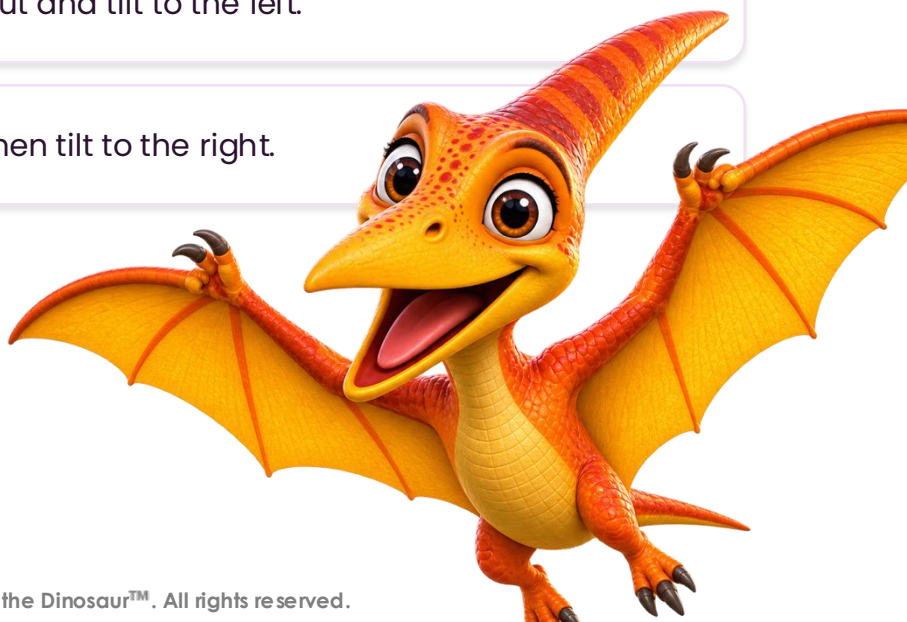
Pose 2

Pterodactyl Wings

SPREAD YOUR WINGS



- 1 Stretch both arms wide like giant wings.
- 2 Keep your arms stretched out and tilt to the left.
- 3 Come back to the middle, then tilt to the right.



Pose 3

Brontosaurus Stretch

REACH DOWN LOW



1

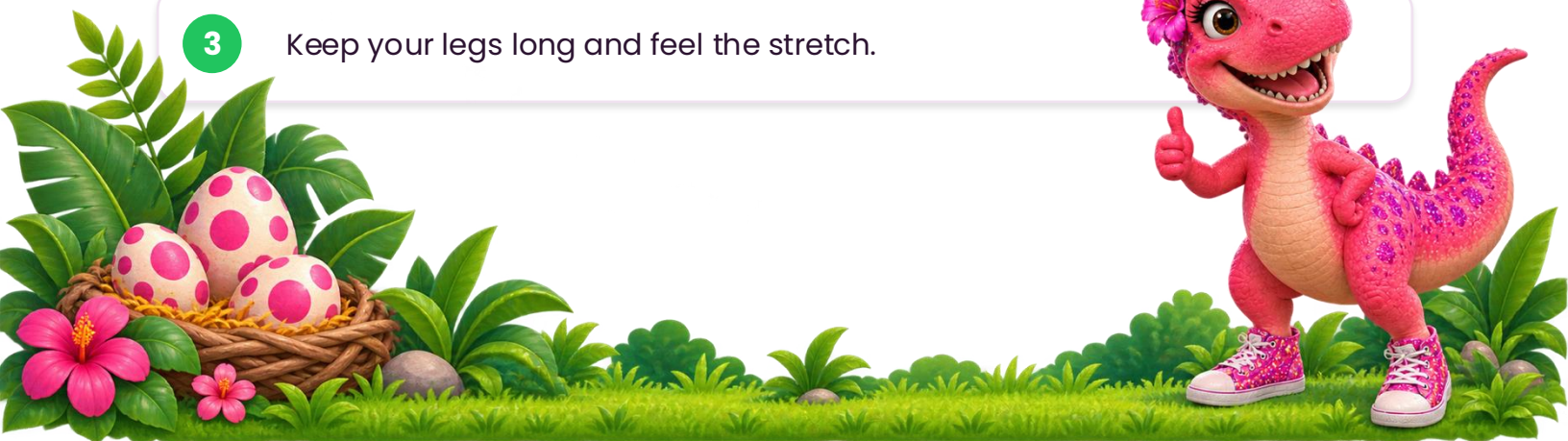
Stand tall and stretch your neck up long.

2

Slowly bend forward and reach down toward the ground.

3

Keep your legs long and feel the stretch.



Pose 4

Jungle Vine Twist

TWIST & TURN



- 1 Sit with your feet together and knees apart.
- 2 Gently twist your body and look over one shoulder.
- 3 Come back to the middle, then twist and look over the other shoulder.



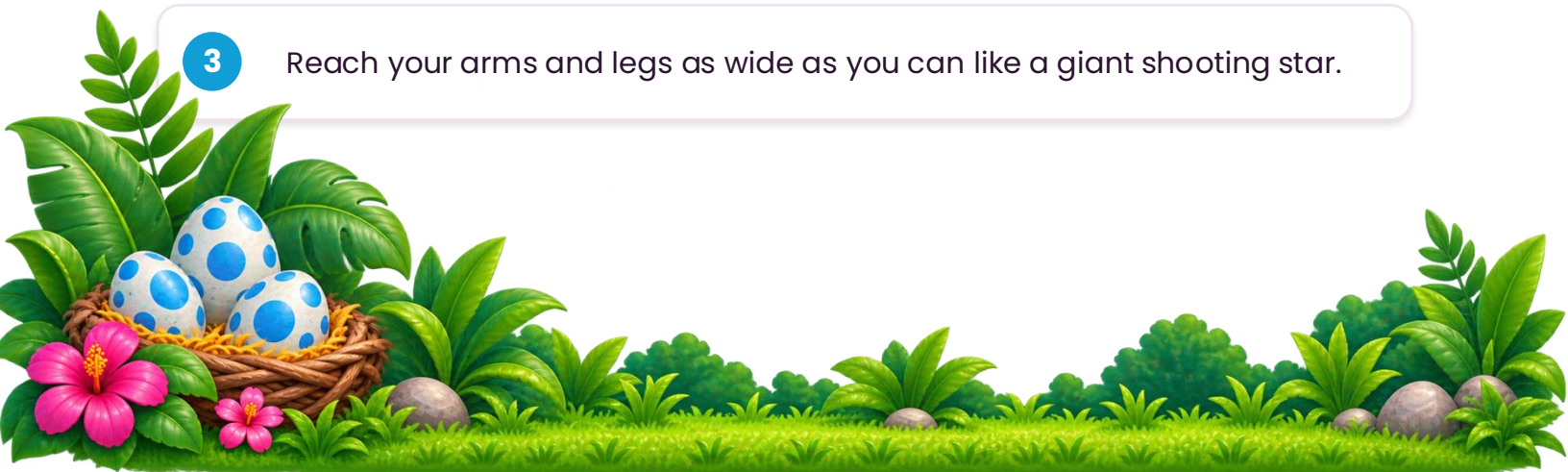
Pose 5

Shooting Star Stretch

STRETCH OUT WIDE



- 1 Stand with your feet wide apart.
- 2 Stretch both arms up and out over your head.
- 3 Reach your arms and legs as wide as you can like a giant shooting star.



Pose 6

Dino Tree Balance

STAND TALL & BALANCE



- 1 Stand tall and balance on one leg, with the other leg bent.
- 2 Bring your hands together for balance.
- 3 Hold still and balance while you imagine the wind blowing.



Pose 7

Giant Rainbow Stretch

BEND SIDE TO SIDE



- 1 Stand with your feet apart and reach both arms overhead.
- 2 Bend gently to one side, making a rainbow shape with your body.
- 3 Come back up and bend gently to the other side.

Pose 8

Volcano Breath

TAKE BIG DEEP BREATHS



- 1 Stand tall and breathe in deeply through your nose.
- 2 Make a circle with your hands and bring up to your mouth as your 'volcano' gets ready to erupt.
- 3 Breathe out, open your arms wide, and erupt with a giant smile!



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