

Dinosaur Yoga

Handout



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Your Rise & Shine 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.

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



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Morning Yoga with Cassie

◆ Your Rise & Shine Flow ◆



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Cassie