



Frog Yoga Alphabet

Kids Yoga Teacher Training



A
alive

B
bow

C
camel

D
downward dog

E
elephant

F
forward bend

G
grasshopper

H
hop

I
imagination
make up your own pose

J
jog

K
king
(chair pose)

L
lunge

M
moon

N
nectar

O
oak tree

P
plank

Q
quest

R
relax

S
snake

T
triangle

U
upside down

V
valley

W
warrior

X
x-ray

Y
yoga

Z
zoo