



National Trust

# MATCH THE YOGA POSES

Draw a line between each image of Yo-Yo and the name of the yoga pose she is doing.  
If you get stuck, think about what Yo-Yo looks like.

1. FROG  
(Squat pose)

3. MOUNTAIN

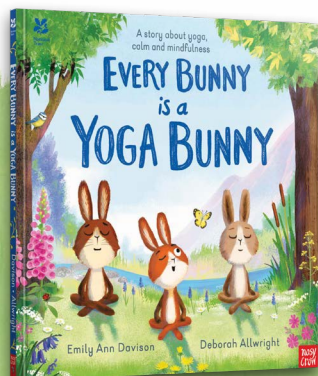
5. CURL INTO YOUR BURROW  
(Child's Pose)

2. BRIDGE

4. TREE



Why don't you have a go at these yoga shapes too?



EVERY BUNNY  
is a  
YOGA BUNNY

Emily Ann Davison  
& Deborah Allwright

**nosy  
CROW**

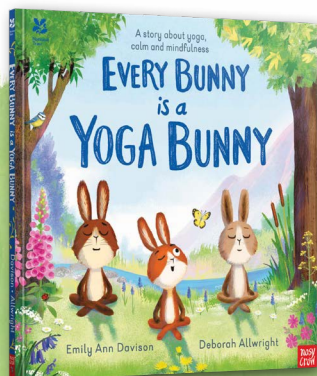
(Answers: 1. C, 2. E, 3. A, 4. B, 5. D)



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# FEEL CALM WITH YO-YO

Grandpa teaches Yo-Yo yoga poses to help her feel calm.  
Spend some time drawing a lovely calming scene around the yoga bunnies below.



## EVERY BUNNY is a YOGA BUNNY

Emily Ann Davison  
& Deborah Allwright

**nosy  
crow**