

Alphabet Yoga



ST  **RFISH THERAPIES**

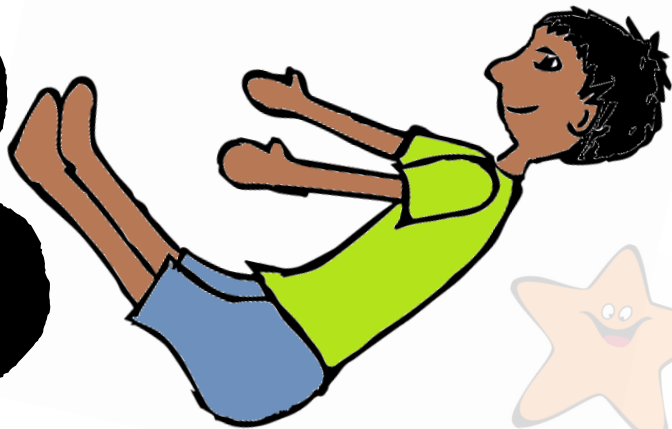
Making a Difference.....



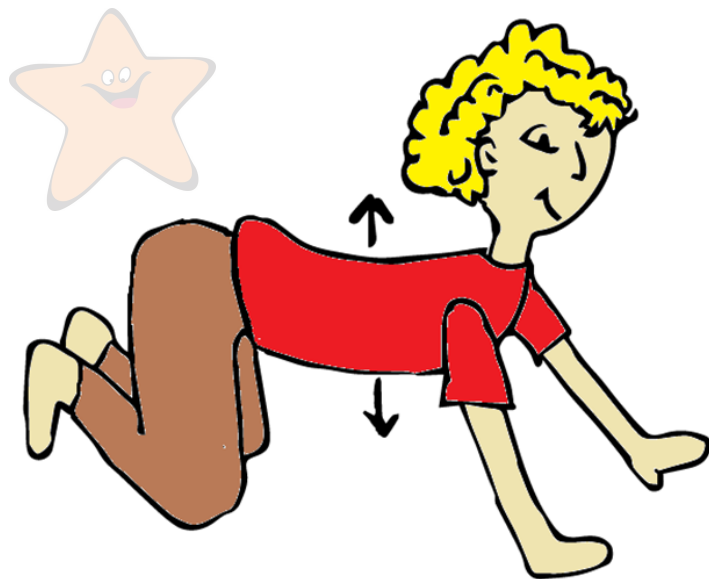
A

♥
Airplane

B

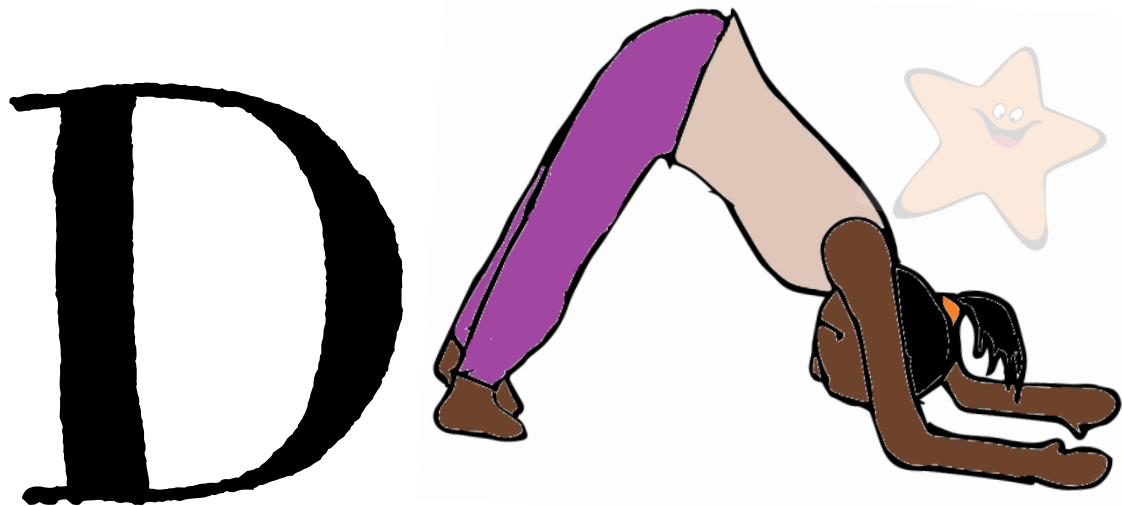


Boat

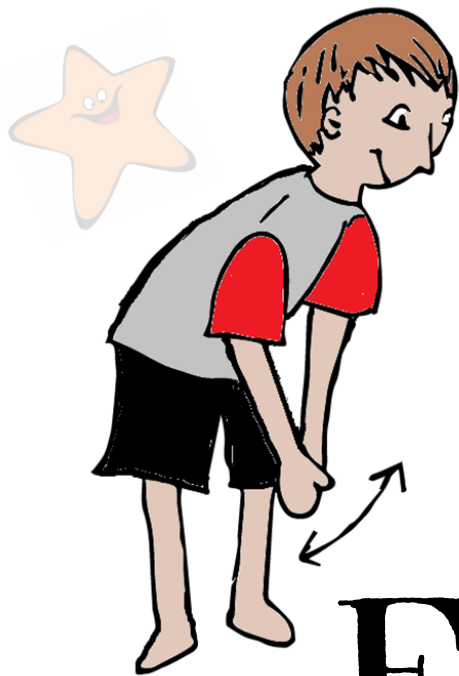


C

Cat Cow



Dolphin



E

Elephant

F

Frog



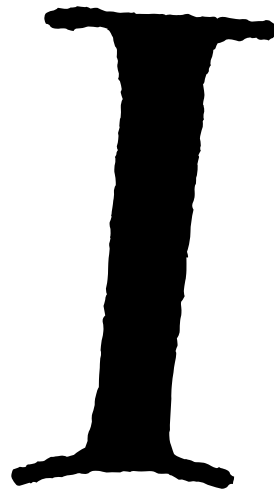


G

Gorilla



Happy baby



Itsy Bitsy Spider

J

Joy





K

Kick &

Hold

L

Lion





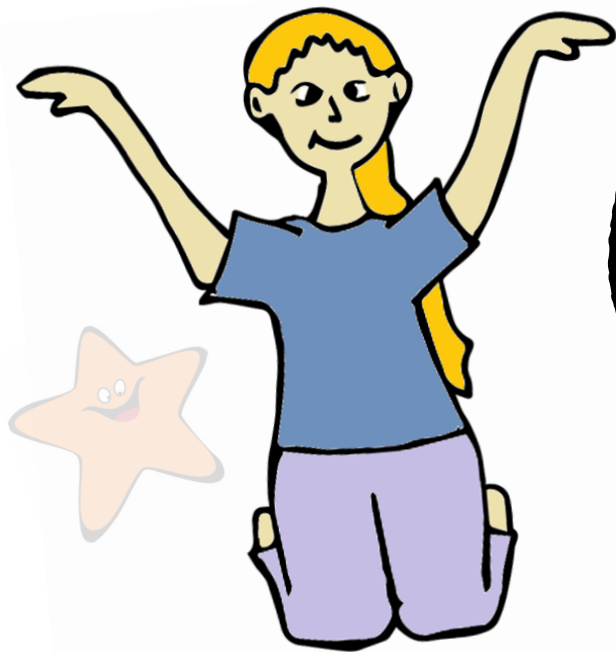
M

Moon

N

Name
your own

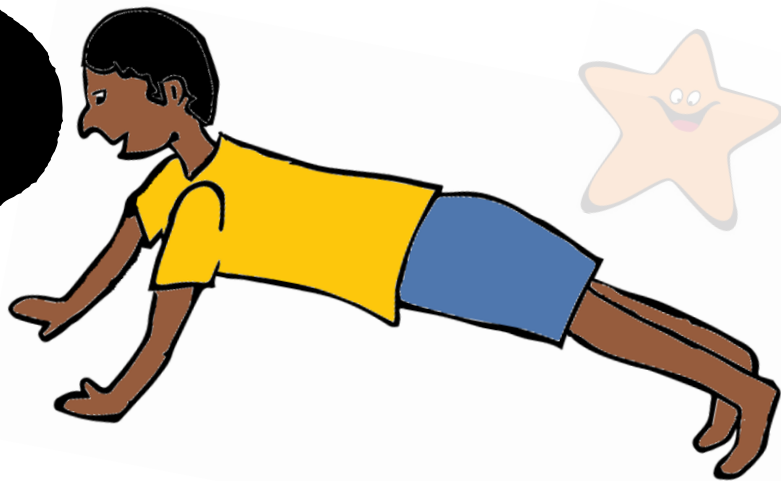




O

Owl

P



Plank



Q
Quiet

R



Reach for toes



Snake

T

Tree

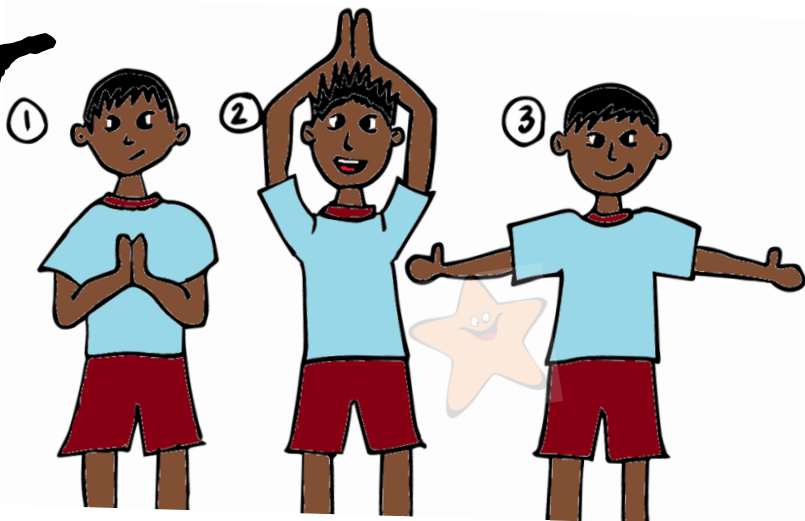




U

Unicorn

V



Volcano



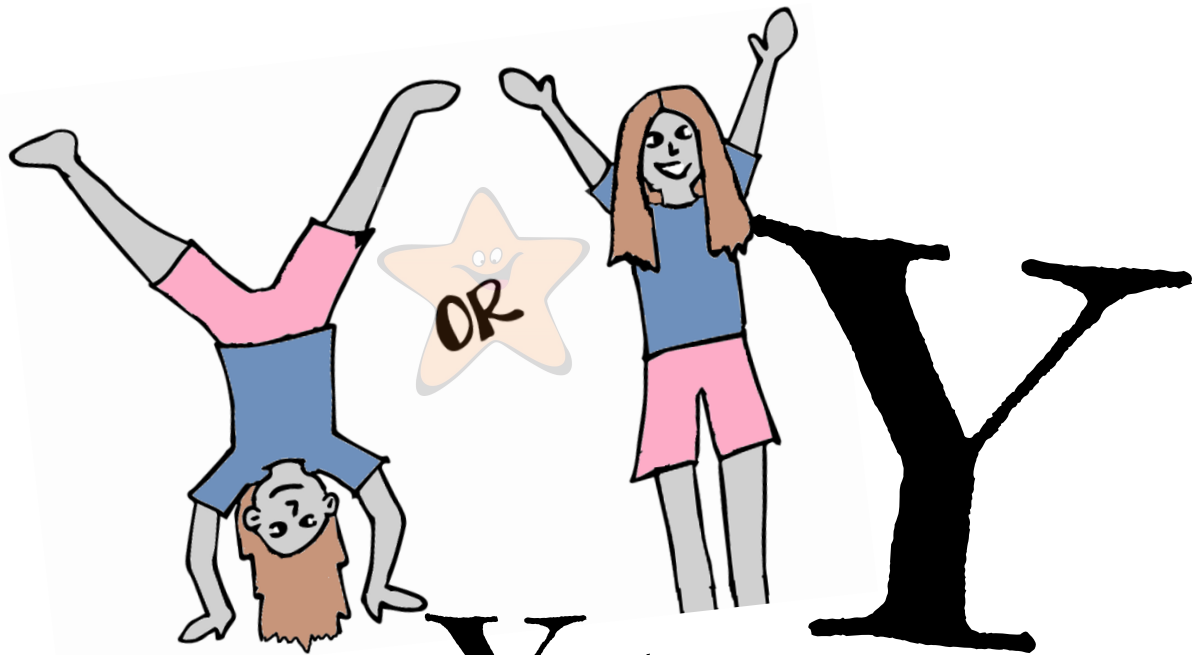
W

Warrior

X

X jump





Y pose

Z

Z pose



