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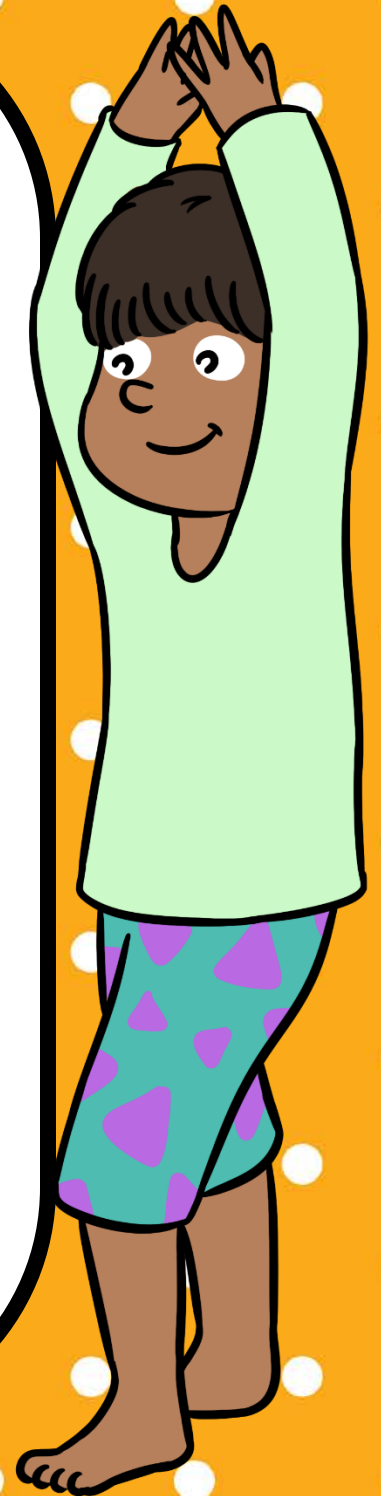
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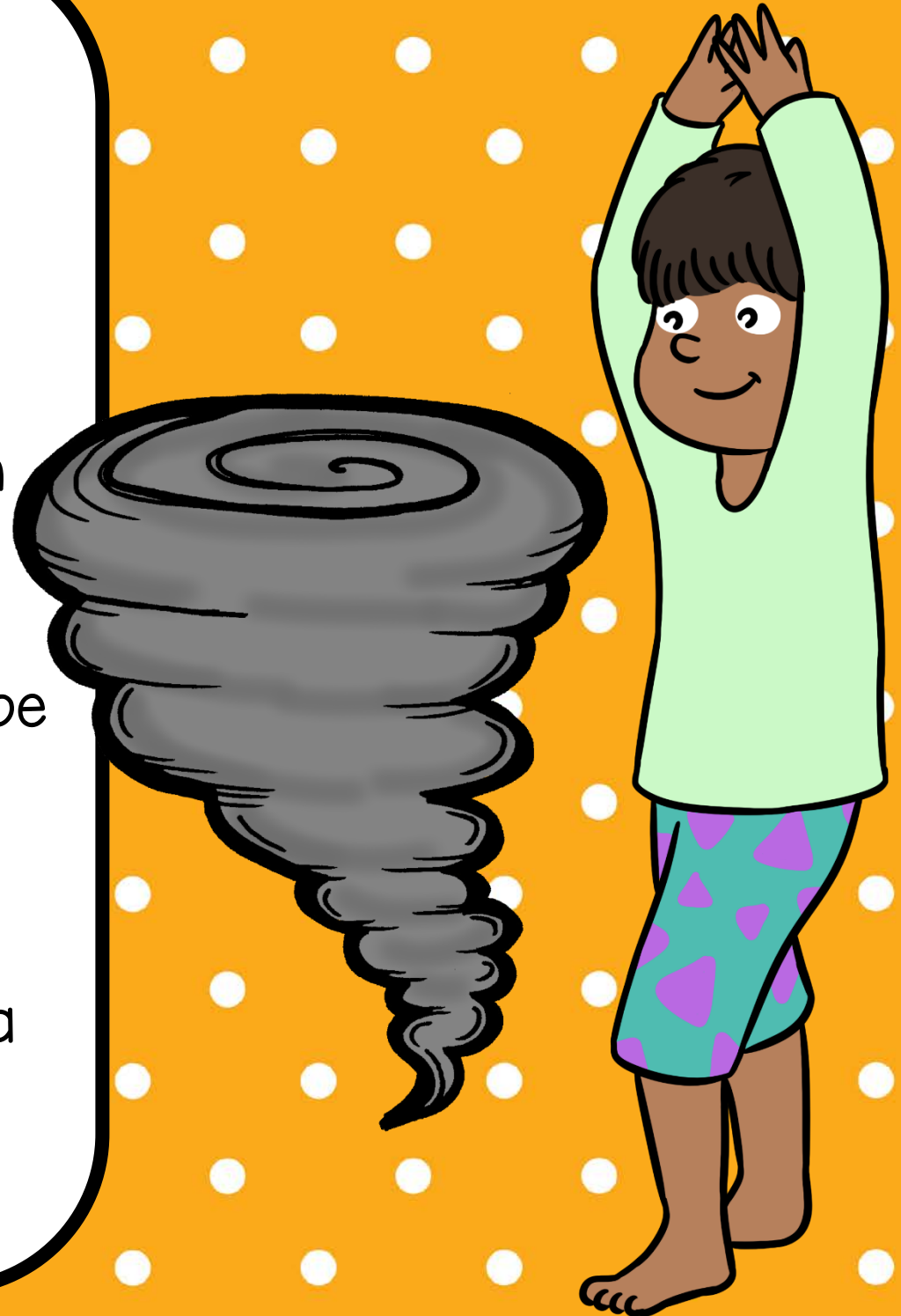
Weather Yoga

- In your set of Weather Yoga you will receive both cards and printables.
- Print cards 2 per sheet or to print 4 per sheet by adjusting the settings on your printer – [See How Here](#).
- Print full sheet printables and hang around the room, go no-prep and use them on your whiteboard or tablet.
- Print full sheet printables 2 per page and use in card form.



Weather Yoga

- Each card represents something associated with the weather.
- Whether you are posing like a tornado or the sun, be sure to enjoy your yoga!
- Modify the poses as needed.
- Let the kids enjoy the yoga and be creative with their poses.



TORNADO POSE



RAIN POSE



RAIN POSE

1. Stand tall.
2. Keep legs hip width apart.
3. Bend forward at your hips.
4. Let your arms hang down in front of you and move them like falling rain!

TORNADO POSE

1. Stand tall.
2. Keep legs hip width apart.
3. Place your palms together in front of your body.
4. Reach your arms above your head keeping your palms together.
5. Spin in a circle like a tornado!

RAINBOW POSE



CLOUDY POSE



CLOUDY POSE

1. Kneel on the floor.
2. Touch your big toes together and spread your knees hip width apart.
3. Bring your head down towards the floor while breathing out.
4. Hands can go where they are comfortable.
5. Relax while holding this pose.

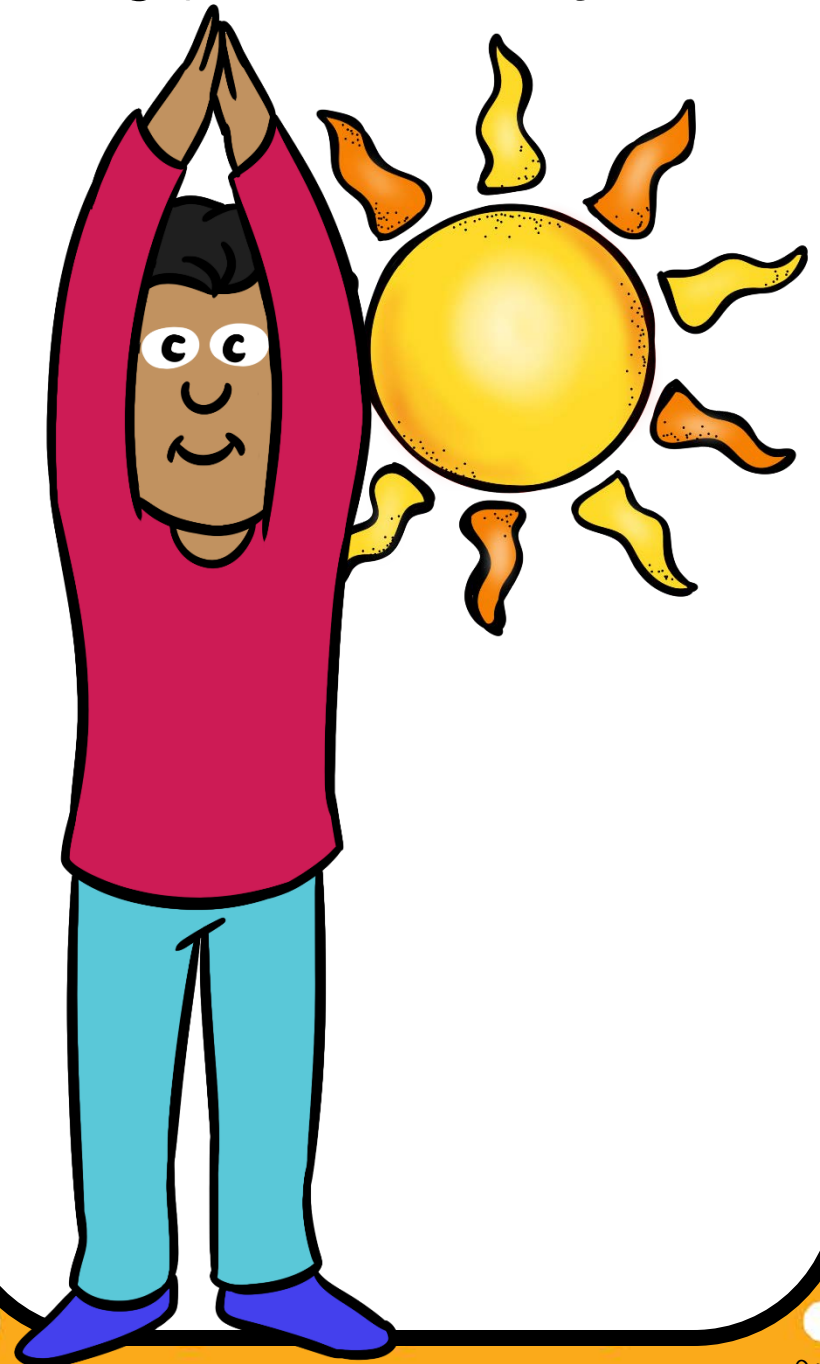
RAINBOW POSE

1. Stand tall with your feet flat on the floor.
2. Lift your hands above your head putting your palms together.
3. Tip towards your side while breathing out.
4. Repeat on the opposite side.

WIND POSE



SUNSHINE POSE



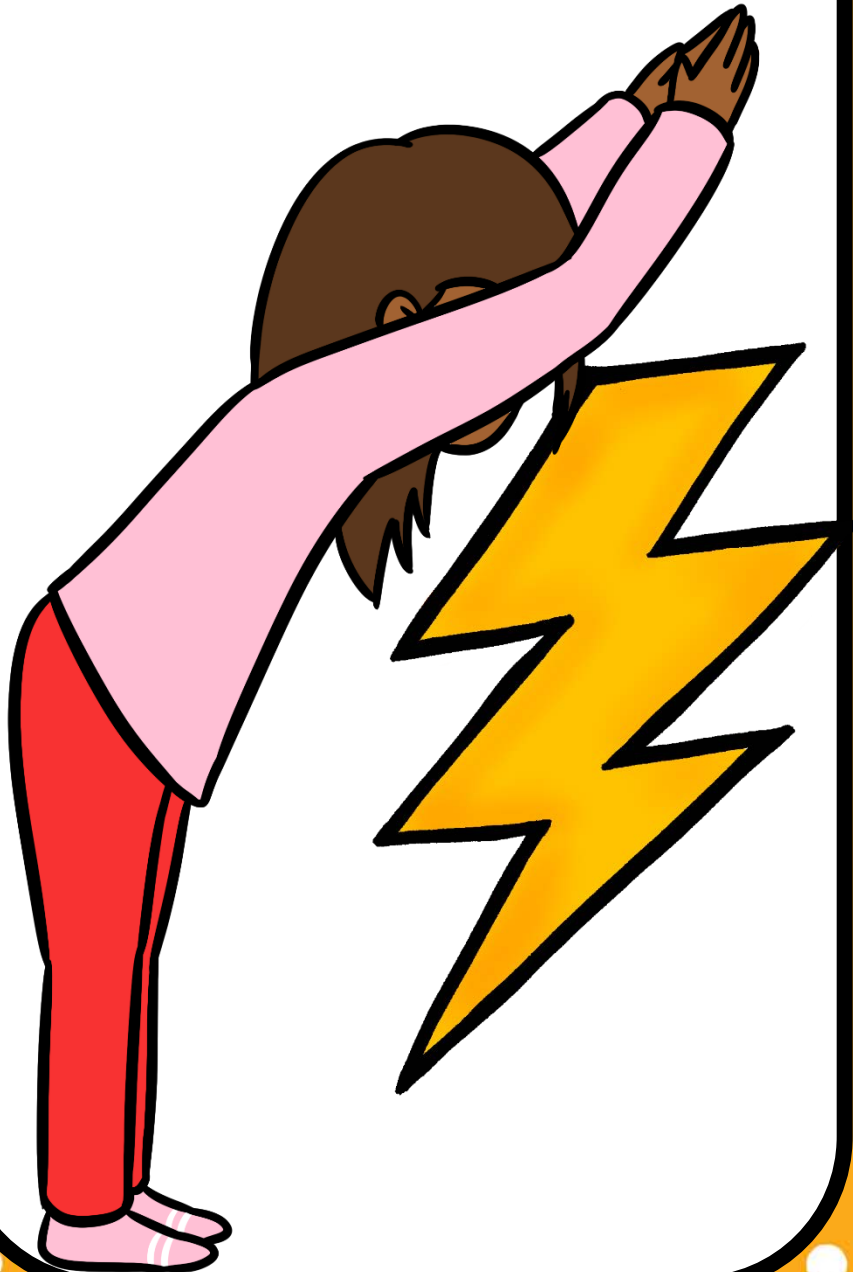
SUNSHINE POSE

1. Stand tall.
2. Keep legs hip width apart.
3. Place your palms together in front of your body and breathe.
4. After a couple of breaths raise both arms above your head.
5. Look up and breathe.

WIND POSE

1. Stand tall with your feet together.
2. Reach your arms out to the side.
3. Move your right foot up your left leg turning your right leg out to the side as far as you feel comfortable.
4. Raise your arms up towards the sky.
5. Sway back and forth like a tree blowing in the wind.

LIGHTNING POSE



SNOW POSE



SNOW POSE

1. Start on your hands and knees.
2. Lift hips up towards the sky by straightening your legs (hands remain on the floor).
3. Let your head hang down.
4. Make sure to breathe.
5. Hold this position.

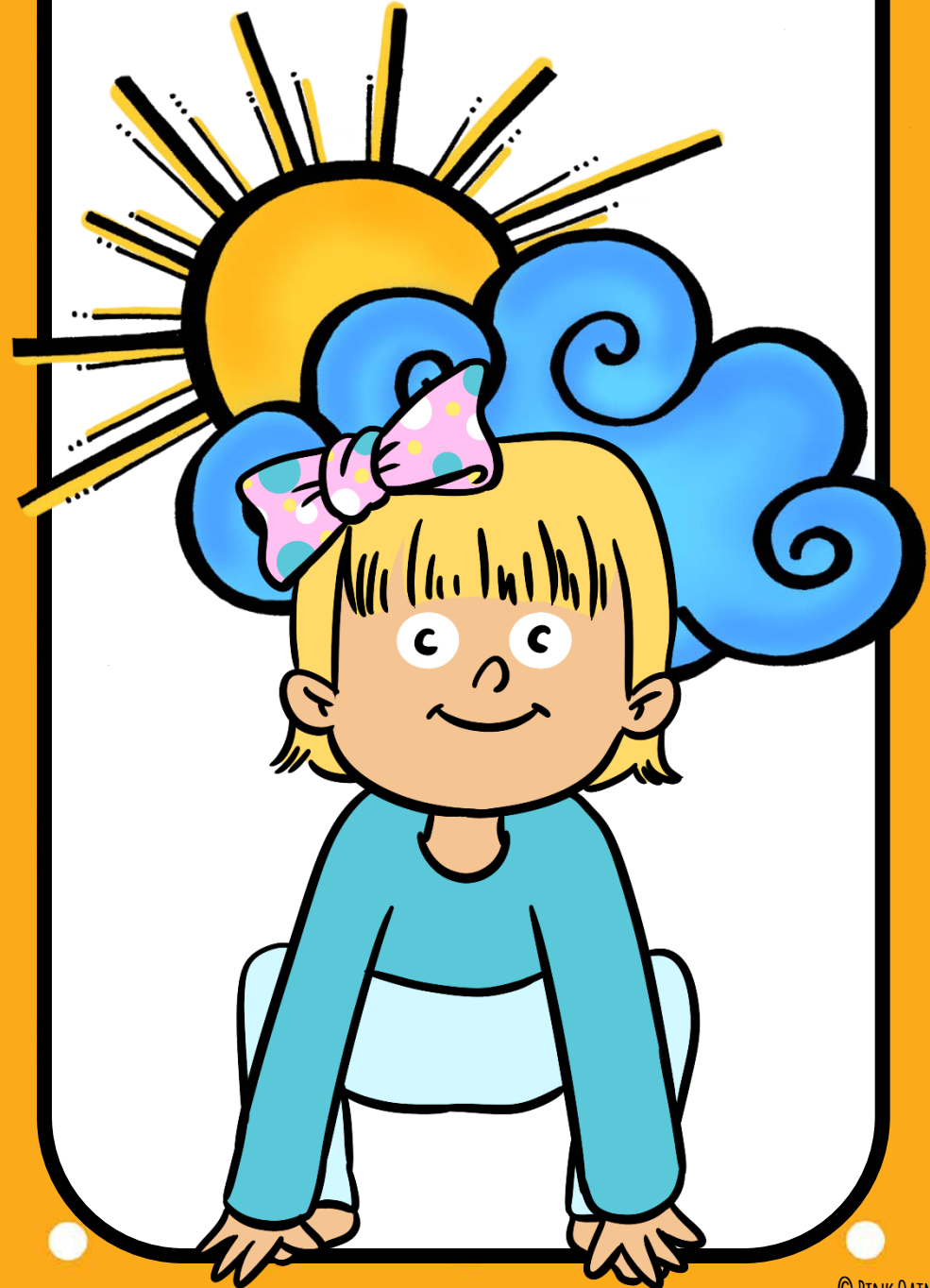
LIGHTNING POSE

1. Stand tall.
2. Keep legs hip width apart.
3. Place your palms together in front of your body and slowly raise them above your head.
4. Bend forward at the hip. Hold and breathe!

THUNDERSTORM POSE



PARTLY SUNNY POSE



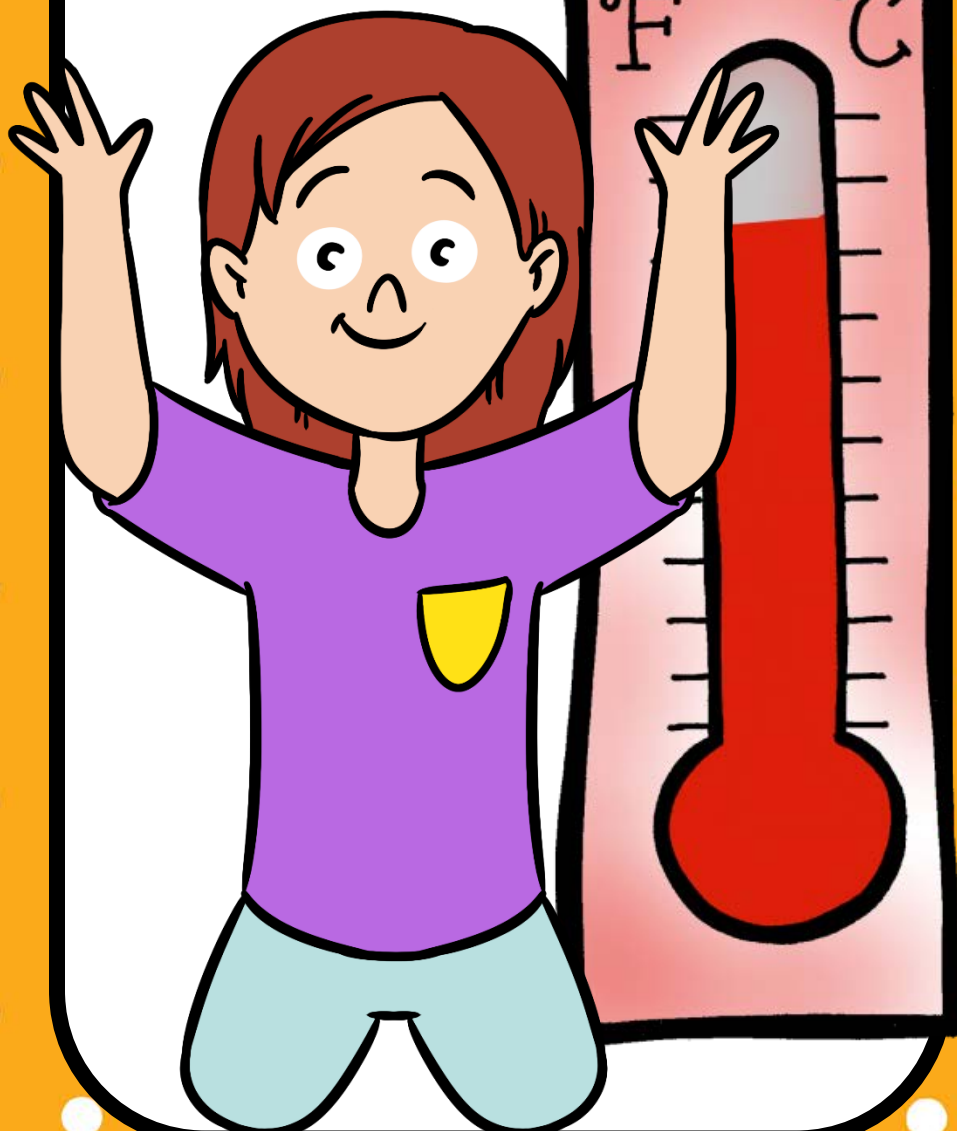
PARTLY SUNNY POSE

1. Squat on the floor.
2. Keeping your hands on the ground raise up as high as you can by straightening out your knees.
3. Repeat.

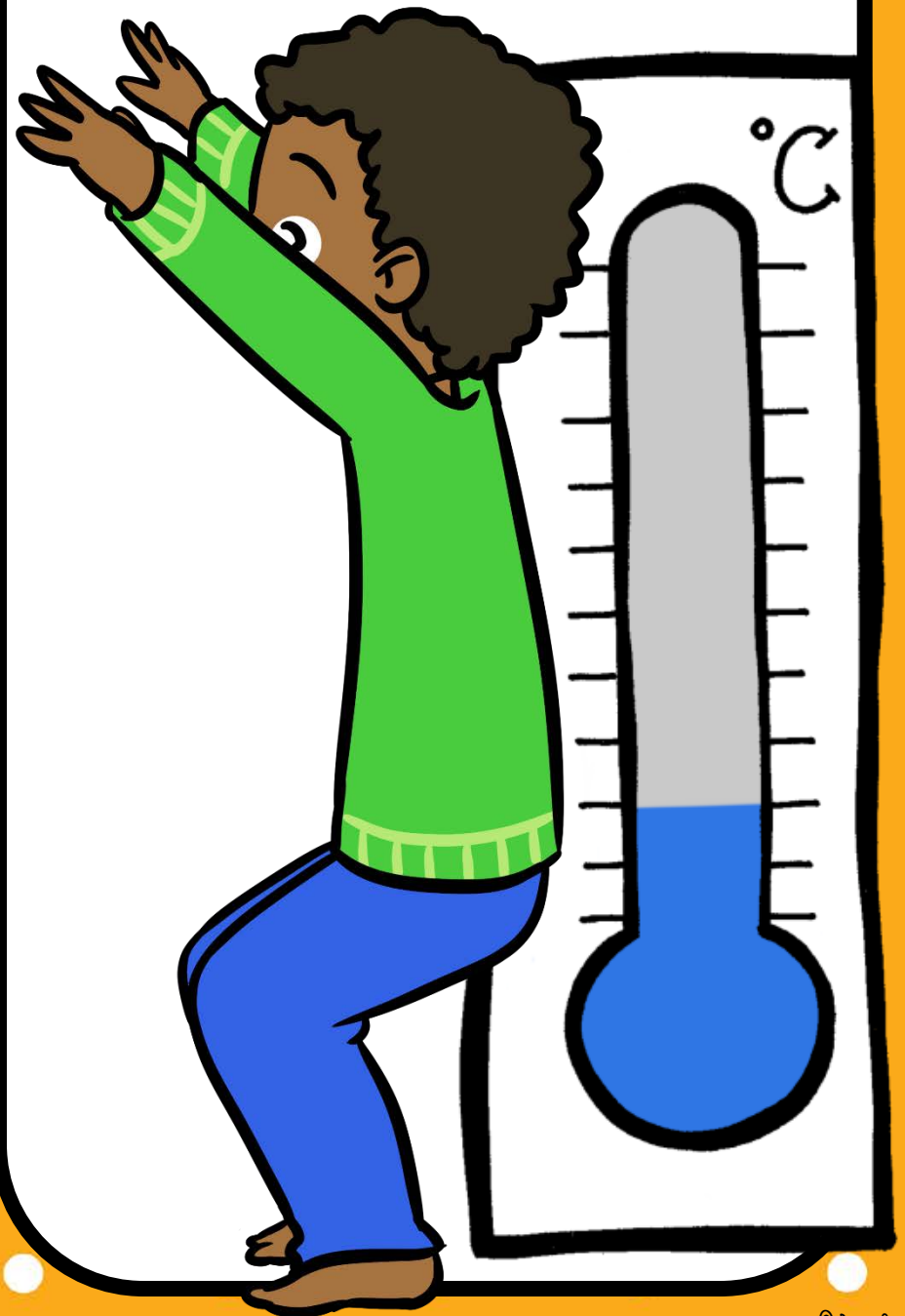
THUNDERSTORM POSE

1. Start seated on the floor.
2. Place your hands in front of your chest with the palms pressed together.
3. Breathe out, clap your hands together like thunder and bring them back to in front of your chest.
4. Repeat with each breath.

WARMER WEATHER POSE



COLDER WEATHER POSE



COLDER WEATHER POSE

1. Stand tall with your feet together.
2. Reach towards the ceiling as high as you can with both hands.
3. Slightly bend both knees, lower yourself down, and hold the position.
4. Don't forget to breathe!

WARMER WEATHER POSE

1. Start out kneeling.
2. Place your hands on your knees.
3. Spread your fingers out wide
4. Raise up into a tall kneel.
5. Raise your arms above your head!

WEATHER YOGA



TORNADO



RAIN



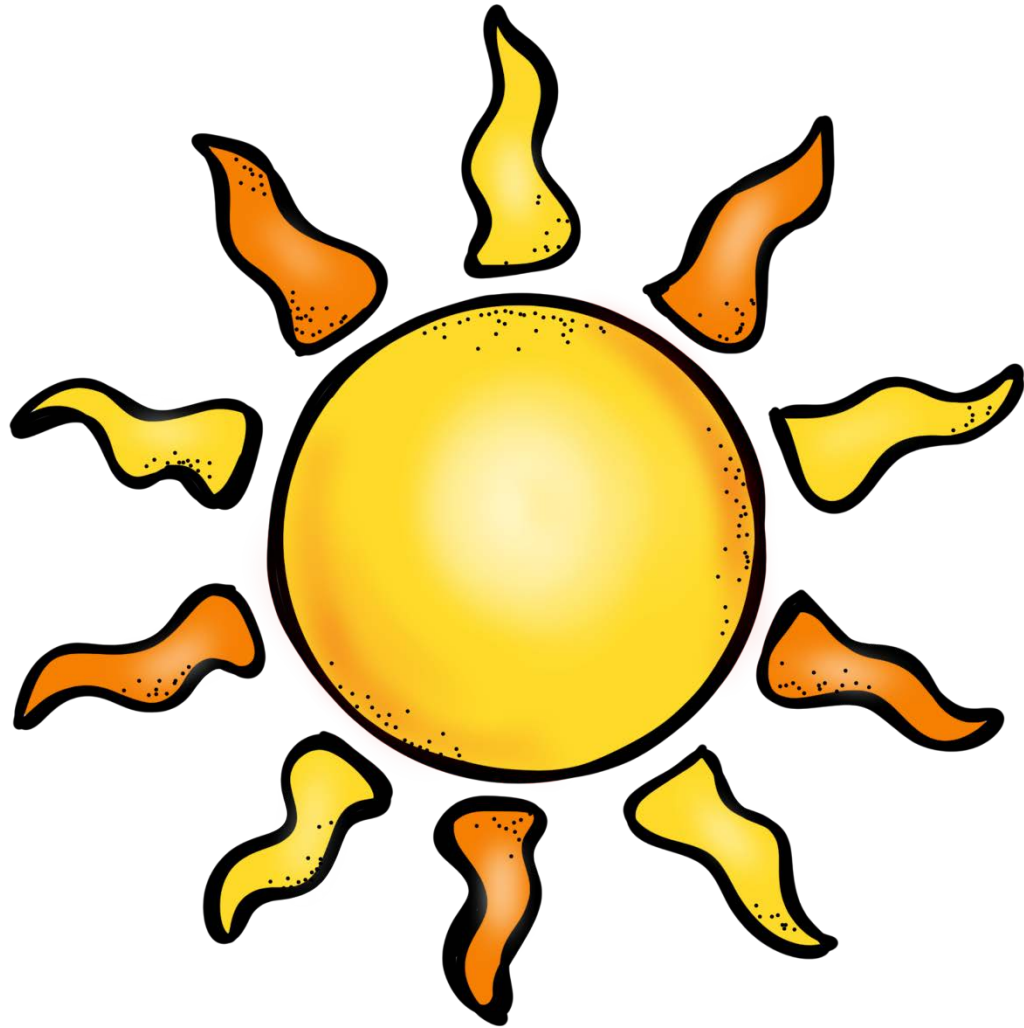
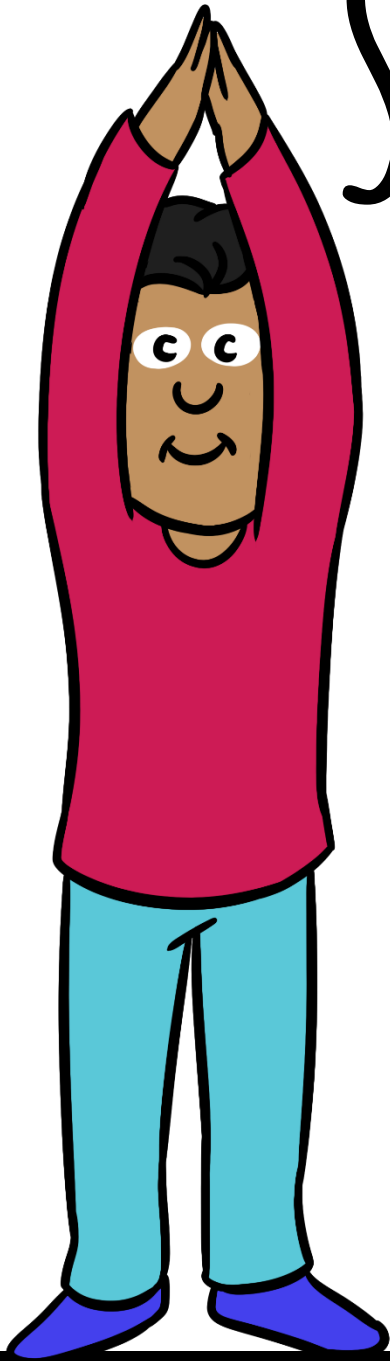
CLOUDY



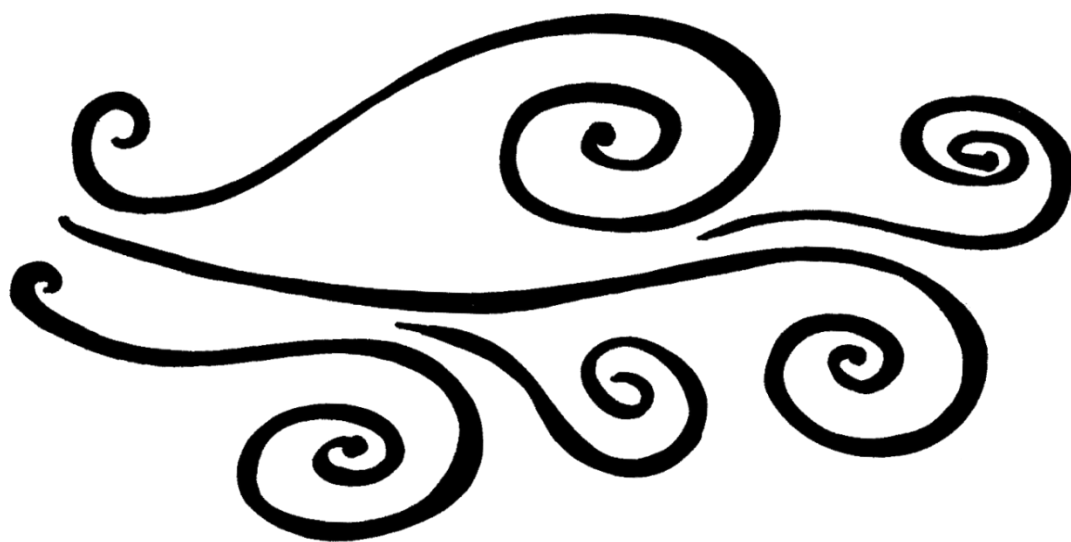
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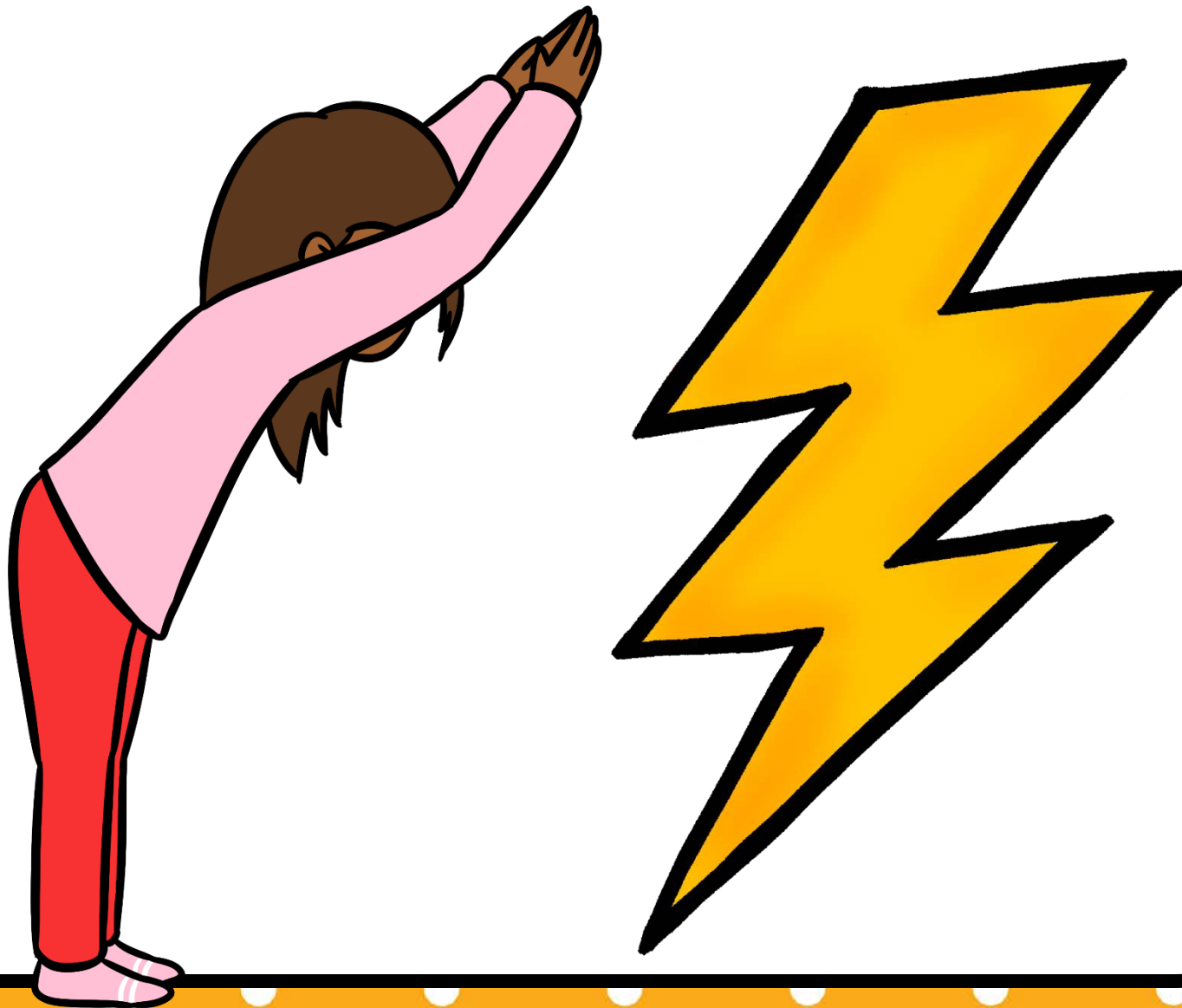
SUNSHINE



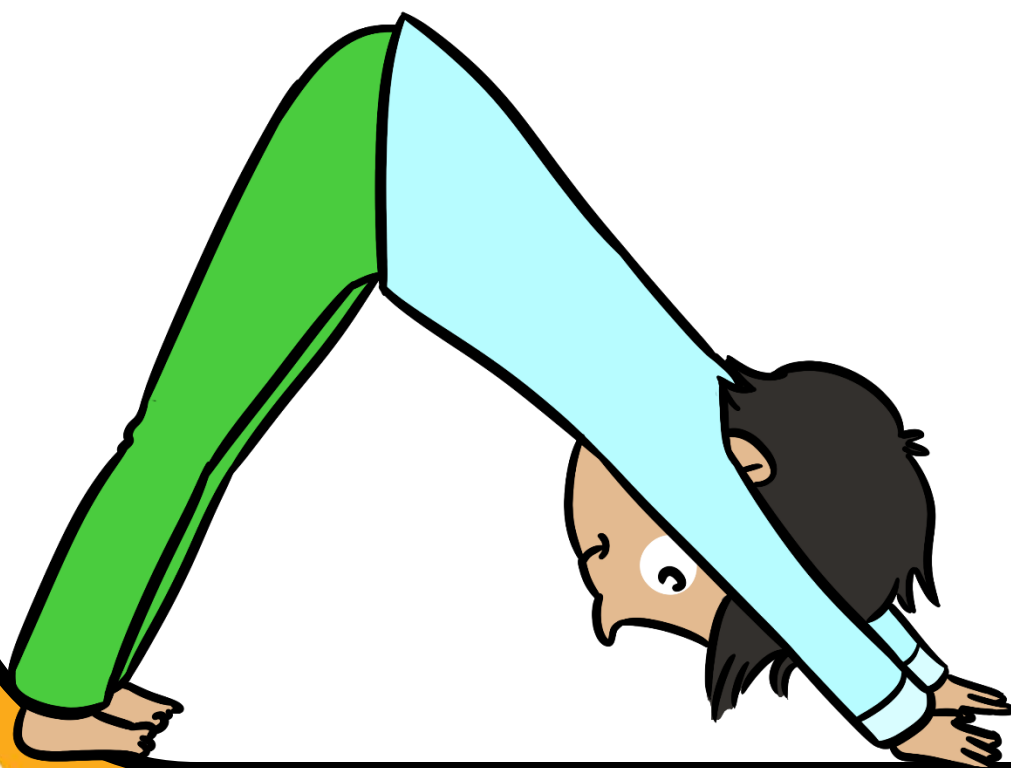
WIND



LIGHTNING



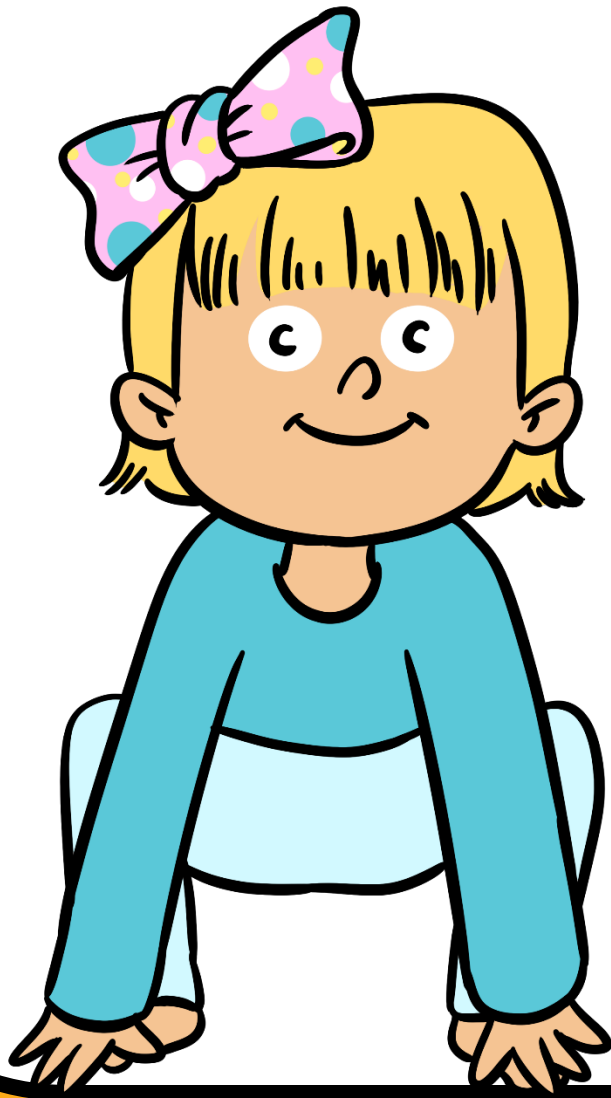
SNOW



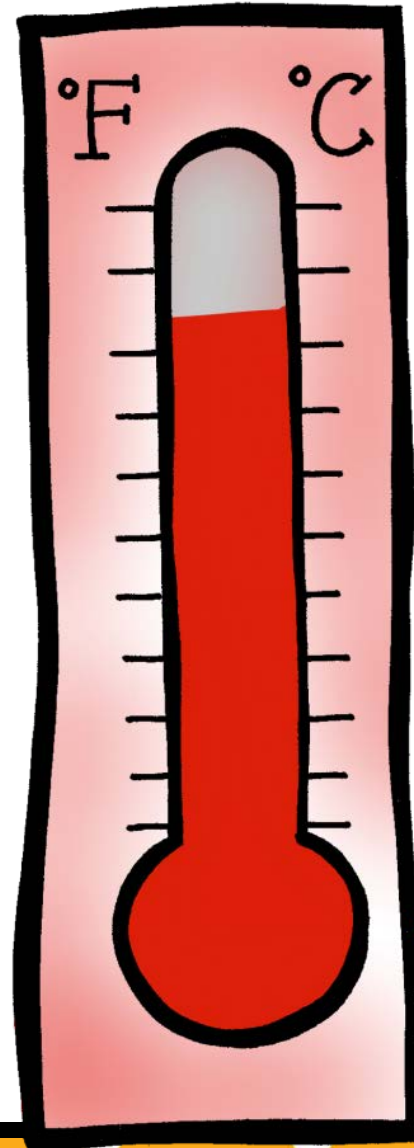
THUNDERSTORM



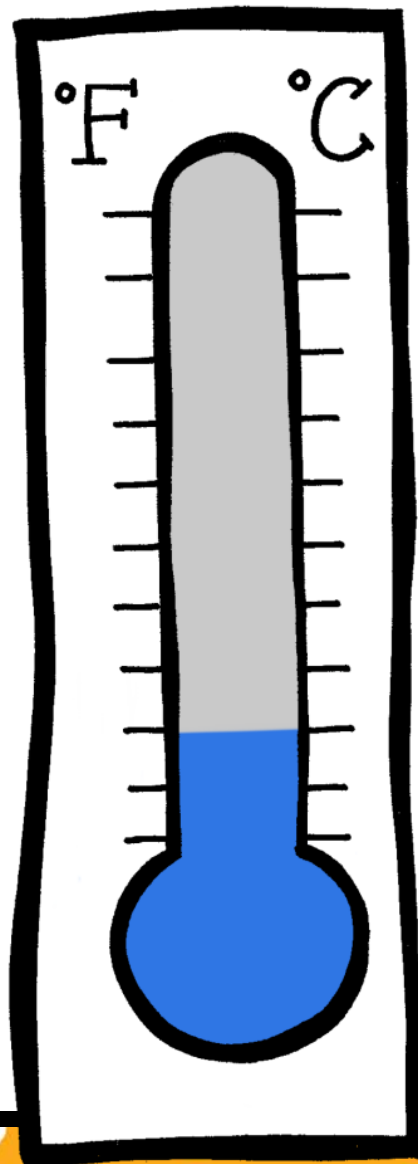
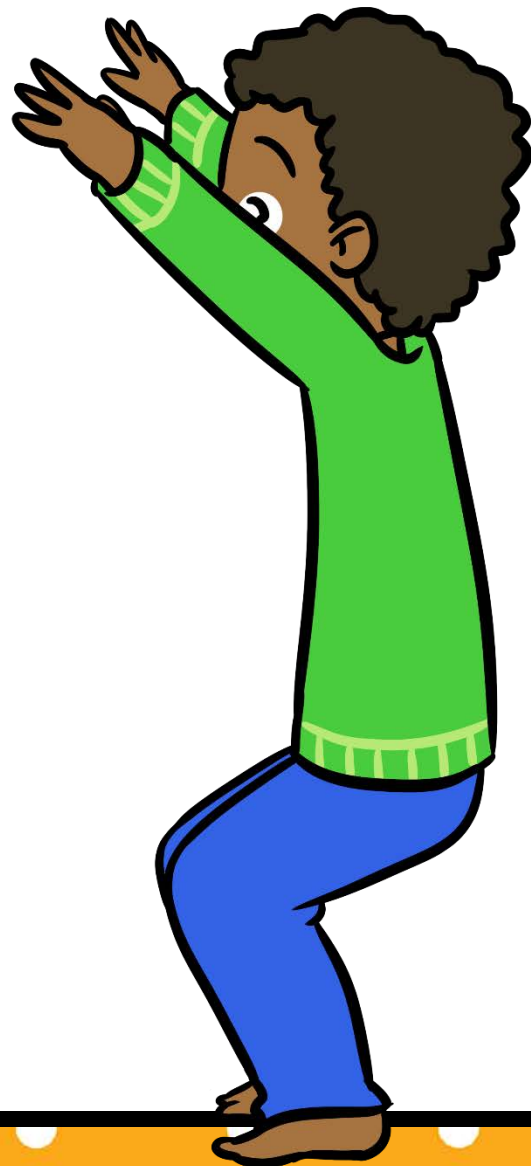
PARTLY SUNNY



WARMER WEATHER



COLDER WEATHER



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