

# Ocean Yoga

Ages 3+

Scientists and inventors often get inspirations from the ocean and that's why we have suction cups to hang our towels (Octopuses!) or wind turbines to generate electricity (Whales).

Some of the Yoga poses mimic animals and plants too! Ocean Yoga puts an aquatic spin on this popular activity. Yoga is a great way to get your whole family moving while social distancing. Try out these different animal moves get your blood moving. Check out these poses below, but it's a great opportunity to use your imagination and create your own! Imagine what a sea urchin would look like in a yoga pose? A lionfish? A shark?

(Downward Dog)



Sea Turtle (Child's Pose)



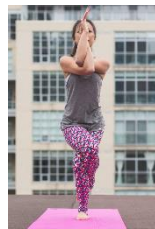
Sea Lion (Cobra)



Dolphin (Crescent Moon)



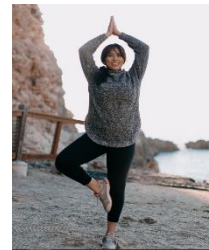
Eel (Garudasana)



Sailfish (Dancer's Pose)



Coral (Tree Pose)



## Materials Needed

- Yoga mat (optional)

FOR MORE INFORMATION VISIT  
[education.ocean.org](http://education.ocean.org)