Teach Me to Walk in the Light
Winter Olympics Yoga

Use these fun themed yoga poses based on winter sports and tied to the Winter Olympics!

Find the full lesson plan, extension ideas, and song suggestions in the blog post here:
https://www.primarysinging.com/winter-olympic-yoga-teach-walk-light/

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Stand with your body facing sideways but looking towards the front of the room. Spread your legs somewhat far apart, and bend slightly at the knee.



Snowboarder

Balance on one foot and put your other foot straight out behind you, pointing your toe. Hold your arms straight out to the side. Try your best to balance!

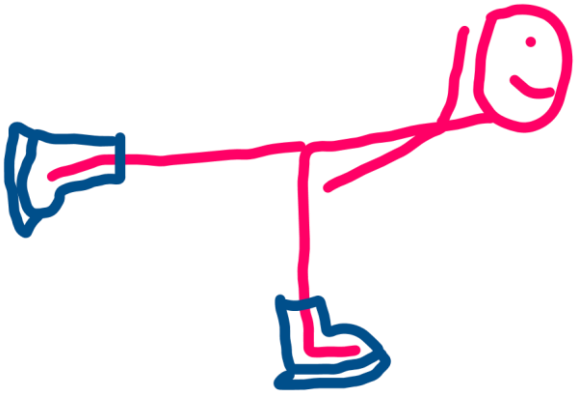


Figure Skater

Squat low like sitting in a chair. Hold your knees close together but spread your feet. Grab your hockey stick and get ready to catch the puck!



Hockey Goalie

Stand with your feet shoulder length apart, bend your knees slightly and lean your back forward. Don't forget to hold onto your ski poles!



Alpine Skier

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