


Frog Yoga Alphabet



Kids Yoga Teacher Training

A 
alive

B 
bow

C 
camel

D 
downward dog

E  
elephant

F 
forward bend

G 
grasshopper

H  
hop


I  
imagination
make up your own pose

J 
jog

K 
king
(chair pose)


L 
lunge

M 
moon

N 
nectar

O 
oak tree

P 
plank

Q 
quest

R 
relax

S 
snake

T 
triangle

U 
upside down

V 
valley

W 
warrior

X 
x-ray

Y 
yoga

Z 
zoo 