

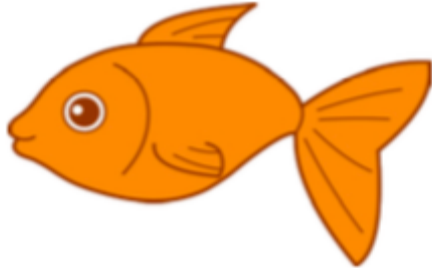
# YOGA POSES AND THE NERVOUS SYSTEM

\*\*\*DO YOU RECOGNIZE JAIMIE FROM COSMIC KIDS YOGA?\*\*\*



A happy cell has three jobs.

1. stay connected (integrity)
2. balance
3. flexibility (fluid)



Fish enjoys being a fish.  
When fish is in danger,  
it swims away.



Shark enjoys being a shark.  
When shark feels threatened  
(or hungry), it can attack.





Lizard enjoys being a lizard.  
When lizard feels curious or  
scared about its surroundings,  
lizard freezes.  
Lizards can be very still.



Snake enjoys being a snake.  
When snake feels cautious or  
threatened, it coils up or attacks.



Frog enjoys being a frog.  
When frog feels uncomfortable,  
frog hops away.  
Frogs can be very peaceful.





Dog enjoys being a dog.  
Dog likes to stretch when dog  
feels safe.  
Dogs can howl like a wolf when  
they sense a possible danger.



Wolf enjoys being a wolf.  
When wolf senses a threat,  
wolf howls.  
A howling wolf wants others to  
stay away.



Gorilla enjoys being a gorilla.  
Gorilla likes to copy others  
movement...kind of like a mirror.  
When gorilla senses danger,  
Gorilla beats its chest. Gorilla likes  
to let others know how strong they are.





Gorilla walk can feel calming.  
Walking like a gorilla  
can help you feel more control.



Humans like being humans.  
Sometimes, humans  
get stuck in their reptile brain,  
dog brain, or ape  
brain.



Humans feel good when they  
are strong and stable,  
like a mountain.



Humans like to rest and restore  
their bodies.



Rest helps our bodies and brain be  
curious problem solvers...and lots  
of other human things too.

