

## Ms. Julie C.'s Yoga Scavenger Hunt

## MS. JULIE C.'S YOGA POSE OF THE DAY

F is for FROG! And FOUR and FANTASTIC!



Imagine you are walking through a FOREST. What things starting with F do you see? Find a buddy to help practice your F pose. Email us your yoga photos and your favorite forest discoveries at library@townofjaffrey.com for us to post in our Facebook album.