



ARCTIC ANIMALS

YOGA POSES

FOR KIDS



chjḥkwj
Woodpecker



tatsò
Raven



sah
Bear



dloò
Squirrel



nògèe
Fox



xah
Goose



detòṅch'o
Eagle



k'ambaa
Ptarmigan



ch'ich'oh
Porcupine



ekwò
Caribou



nambe
Otter



ḥiwezo
Trout



ejèecho
Bison