

Yoga Flow with Leo the Lion

Learning objective: To understand the physical benefits of yoga and identify key poses that improve flexibility, balance, and core strength.

Follow the steps below to illustrate a peaceful yoga session in a woodland clearing. Use your drawing to show how different poses engage the body.

Draw: Draw a scene in a sunny forest clearing. In the center, draw Leo the Lion standing on one leg (Tree Pose) with his paws pressed together at his chest. Use clean, clear lines. Around Leo, draw natural elements like tall ferns, soft moss, and dappled sunlight filtering through the trees. Ensure Leo looks calm and focused. You may use color to show the contrast between the green forest and Leo's golden fur.



Label words: Flexibility · Core Strength · Balance · Focus · Breath Control · Steady · Posture

Steps:

1. Step 1: Draw Leo the Lion in the center of the page performing a 'Tree Pose' to show balance. Label the muscles he might be using in his legs.
2. Step 2: Add a background scene showing a peaceful forest. Why is a quiet environment helpful for yoga practice?
3. Step 3: Draw a speech bubble for Leo. Write one phrase he might say to encourage a friend to try a new

pose.

4. Step 4: Label your drawing with three words from the word bank that describe how yoga makes a person feel.
5. Step 5: Write down one reason why 'Breath Control' is important when holding a difficult yoga pose.