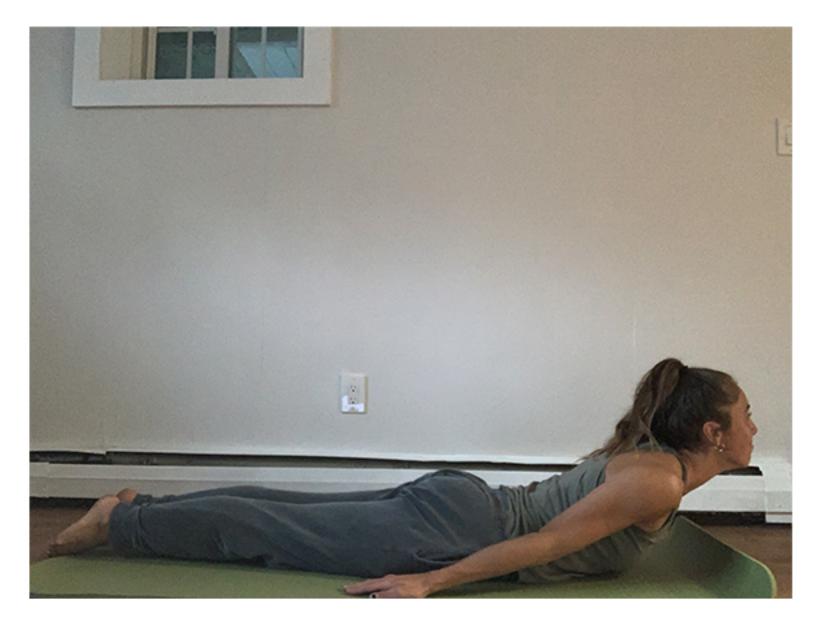


# **Right Whale Yoga**

## Copy the traditional yoga poses below that have been given a right whale twist! Hold each pose for 1 minute or longer!

Come up with your own at the end of it!

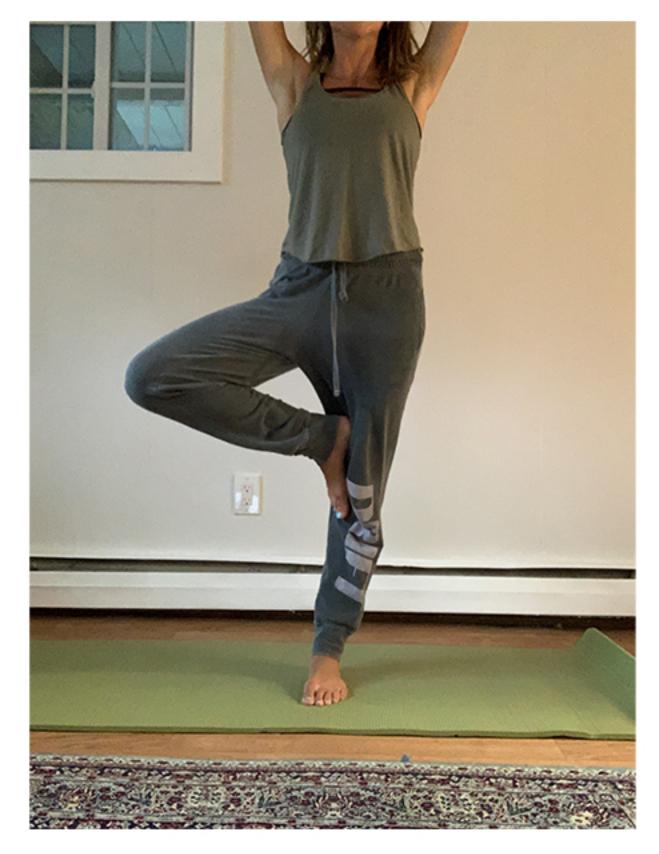


#### 1. I Am a Right Whale!



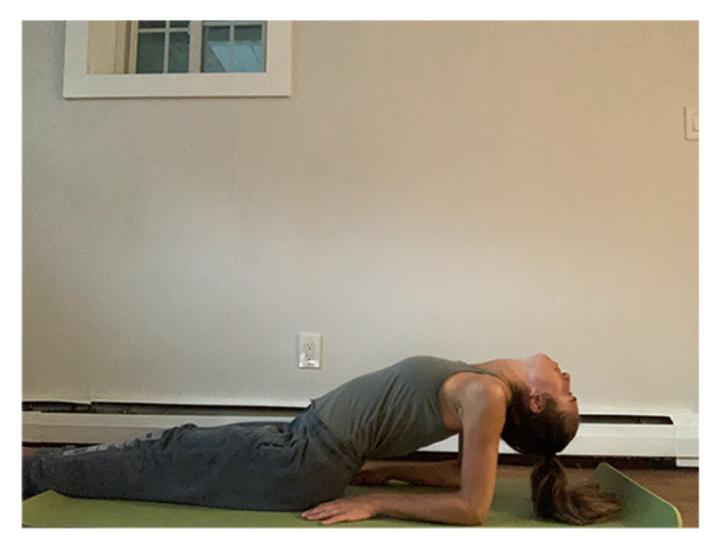


## 2. Diving Right Whale

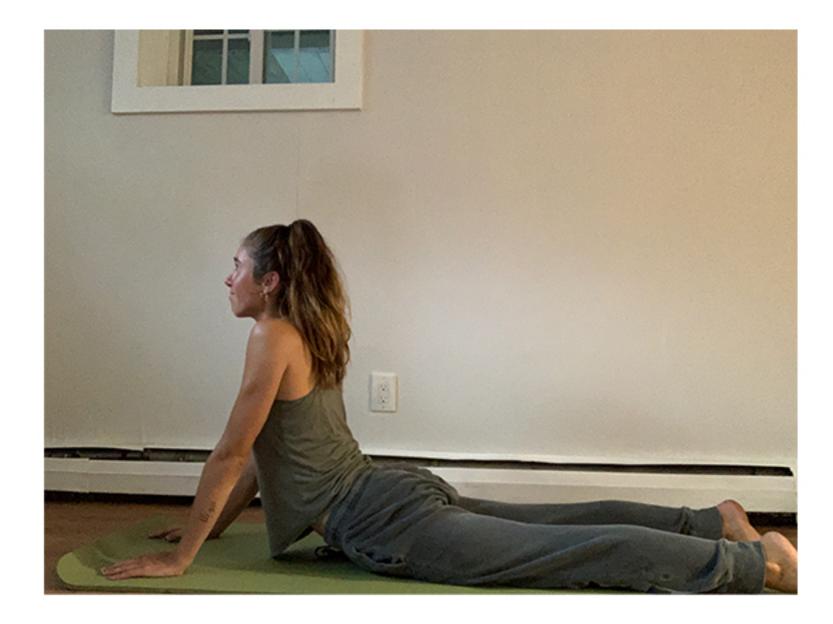


## **3. Breaching Whale**





## 4. Relaxing Right Whale



## 5. Spyhop: Peaking Out of Water





## 6. Humpback Whale



## 7. Feeding Right Whale





8. Nursing Calf



## 9. Fin Whale





#### **10. Diving Backwards**



## 11. Foraging

### Try and come up with your own poses now that relate to a right whale! Take a photo of your pose and tag us on Instagram or Facebook @ Year of the Right Whale!