



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!