



CBG 'n Me

-Yoga-



YOGA AT THE LAKE WITH OLIVIA!

Hey! Welcome to yoga by the lake with Mrs. Olivia. Close your eyes and imagine you are at the CBG Lake. Get ready to stretch out your muscles while singing your favorite camp songs!

POSE #1 – THE CBG DOCK



STEP 1

Start with one of your legs slightly behind you.

STEP 2

Hold out one of your arms in front of you and behind you.

STEP 3

Hold this pose while singing Burnt Gin Rock.

POSE #2 – THE “B” HAPPY

STEP 1

Hold one of your arms in the sky.

STEP 2

Take your other arm and hold it in front of your forehead to touch your other arm.

STEP 3

You are now making the “B” in CBG!!!



POSE #3 – THE CHARLIE POSE



STEP 1

Start with one of your arms reaching up to the sky with the other arm pointing to the ground.



STEP 2

Clap your hands together in the middle just like Charlie! Sing the Tarzan song.



POSE #4 – REACH FOR YOUR DREAMS

STEP 1

Get on your tippy toes and reach as high as you can with your arms. Imagine you are trying to grab a star.

STEP 2

Sing the song “worms” while doing this stretch!

POSE #5 – GOING ON A BEARHUNT

STEP 1

Bend one leg in front of you with the other leg behind you – like a lunge.

STEP 2

Make circles with your hands while holding them to your eyes. Sing the bear hunt song and look for a bear!

