

LEVELED BOOK • F

# We Do Yoga



Written by Marcie Aboff  
Illustrated by Hazel Quintanilla

[www.readinga-z.com](http://www.readinga-z.com)



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## Focus Question

How are yoga poses similar  
to things you see around you?



Words to Know	
arch	pose
balance	reach
cobra	yoga

Thanks to yoga instructor Ellen Campbell for her feedback on this book.

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 Level F Leveled Book  
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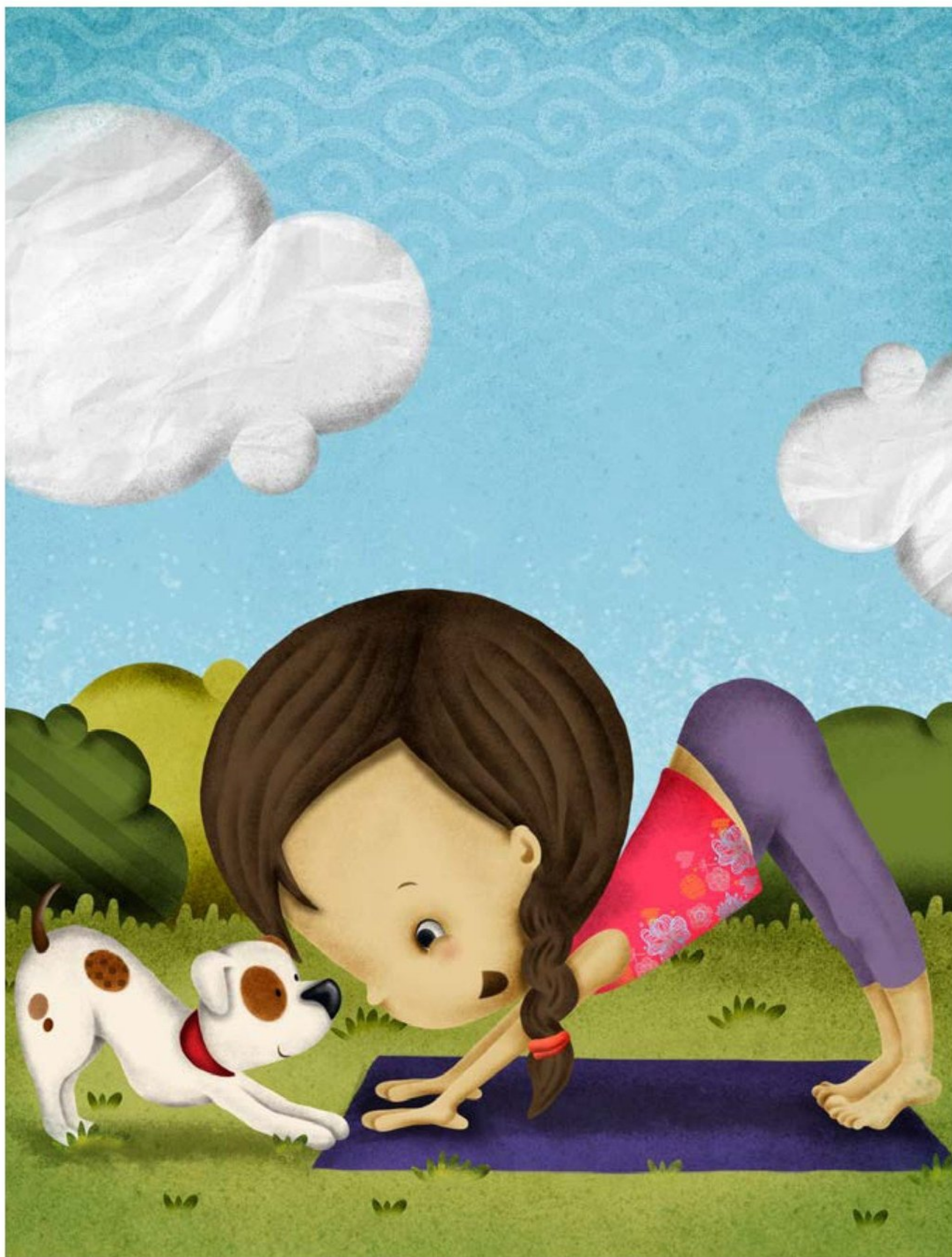
Correlation	
LEVEL F	
Fountas & Pinnell	F
Reading Recovery	9–10
DRA	10





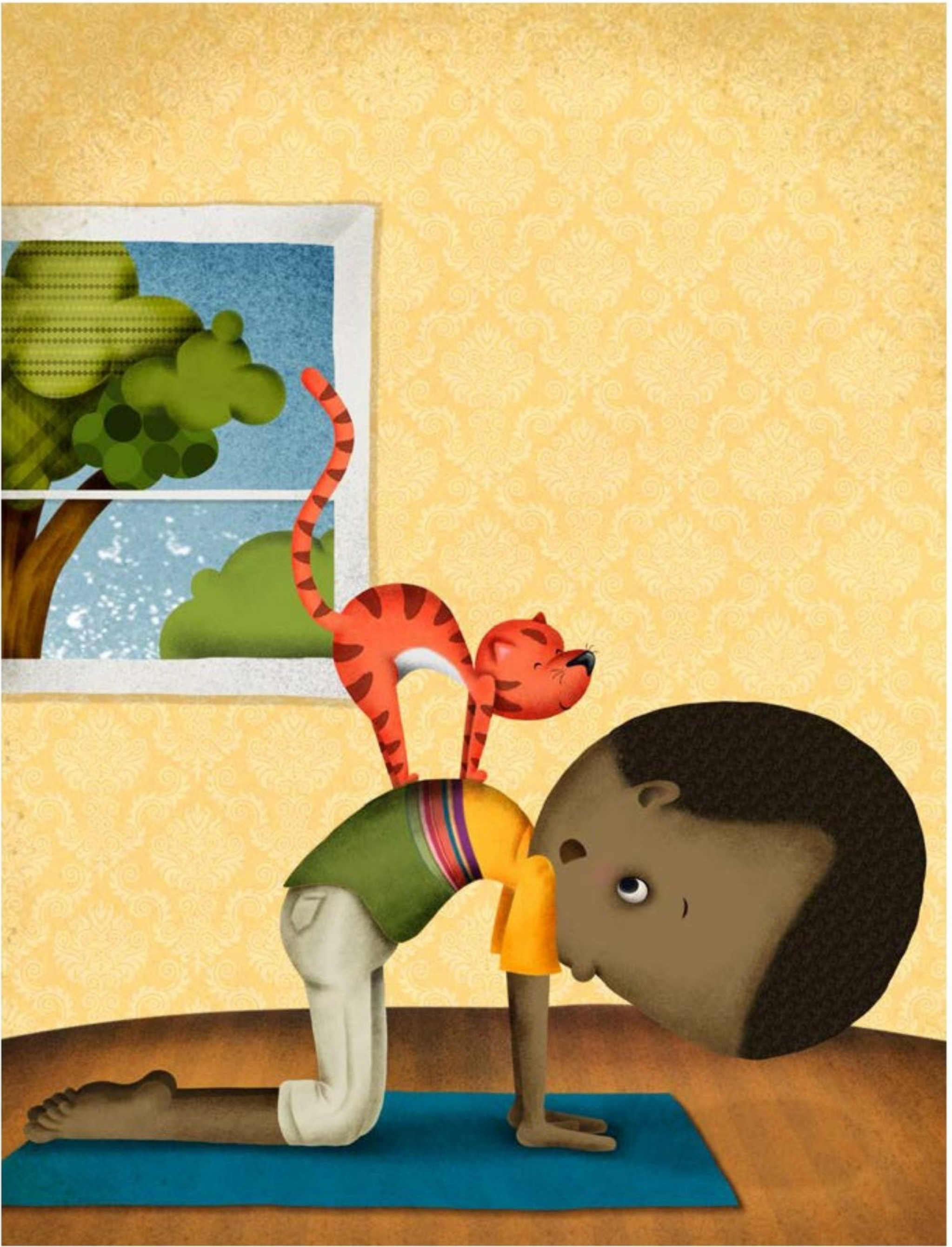
We move and bend  
and breathe.  
Yoga makes us strong.





I do a dog pose.  
I try to stretch down  
like my dog.





I do a cat pose.  
My cat and I both arch  
our backs.





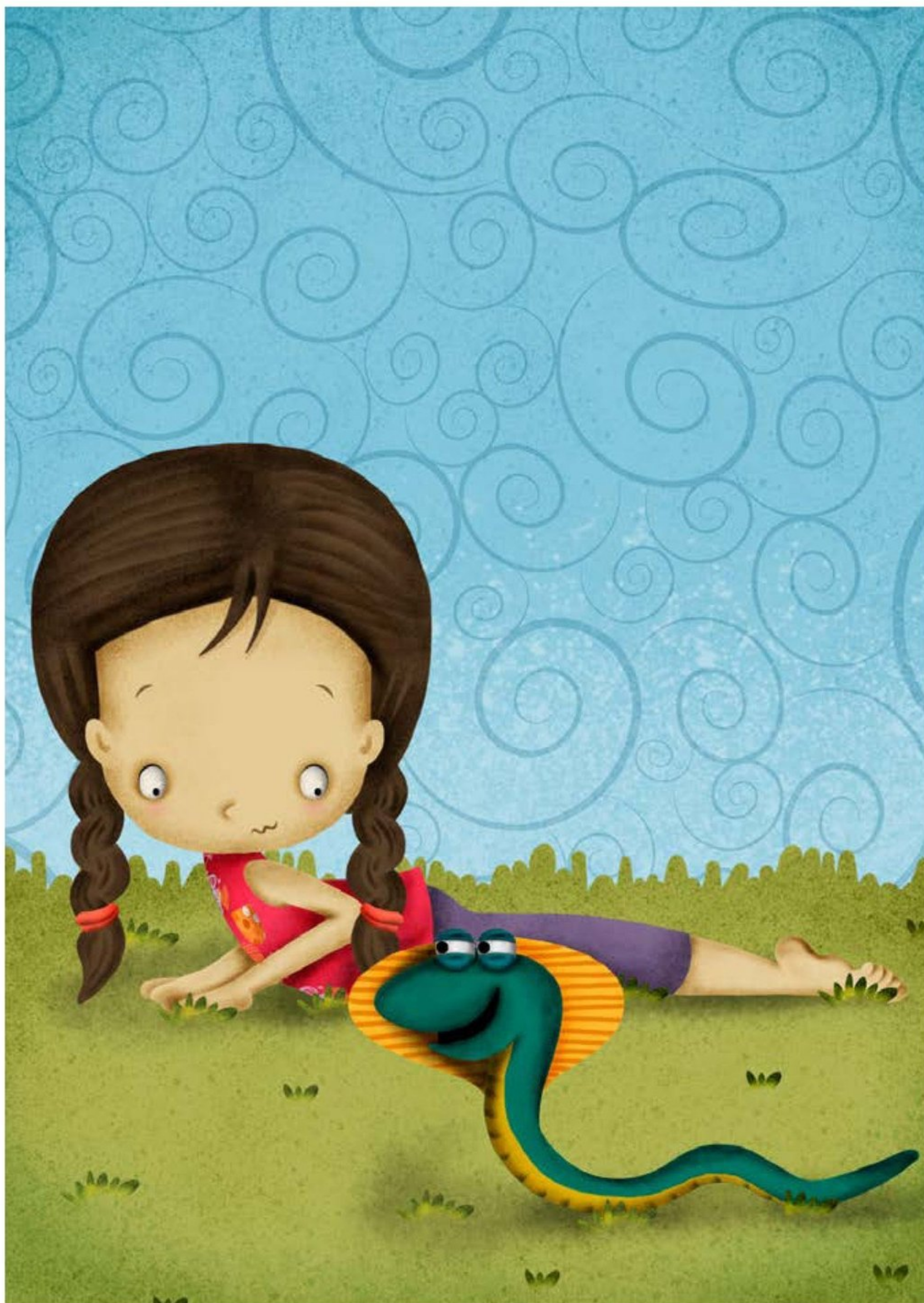
I do a frog pose.  
I am ready to hop  
on my hands and feet.





I do a tree pose.  
My arms are like branches  
that reach up high.





I do a cobra pose.  
I won't bite if you won't!





I do a stork pose.  
I balance on one leg.





I do an airplane pose.

Zoom!

My arms are like wings  
in the clouds.





I do a table pose.  
Come join me as dinner  
is served!





Yoga makes us strong.  
Yoga is fun.  
We can be so many things!



# We Do Yoga

*A Reading A-Z Level F Leveled Book*

*Word Count: 125*



## Connections

### Writing and Art

How can people stay healthy?  
Create a poster that includes five tips about eating healthy and exercising. Hang up your poster in your classroom.

### Science

Create a new yoga pose based on something you see every day. Show your yoga pose to a partner.

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