



BAY CRITTERS: Bay Balance Yoga

DIVE DEEPER:

□ Visit a Marsh

If you can visit a marsh, we encourage you to do so. Walk around the habitat quietly and look and listen for different animals and plants. Record your observations and ask questions about what you observe. Can you come up with some cool yoga poses to mimic things you see in the marsh?

[Chesapeake Bay Program](#)
[Native MD Species](#)



[Watch the video that goes with this investigation.](#)

cbf.org/news-media/multimedia/video/cbf-education-videos/bay-balance-yoga.html

Investigative Question

How can we apply the adaptive traits of various marsh organisms to yoga poses?

Brief Overview

What is a marsh?

A marsh is an area of low-lying land that floods during high tide and remains wet during low tide. Plants such as black-needle rush and cattails can be found in Maryland marshes. Some common marsh animals include great blue herons, diamondback terrapins, red-winged blackbirds, and beavers.

Both plants and animals have adaptations, traits that help an organism survive, unique to their species. For instance, the gills of the marsh periwinkle snail are a unique adaptation that allows them to get oxygen from the water—a necessary trait for an organism that lives in a wetland!

There is so much to explore in the marsh and a fun way to do so is through marsh yoga. Even if you have never visited a marsh before, yoga is a simple technique that can help familiarize you with marsh ecology. This investigation will allow you to learn about the adaptive traits and roles of different marsh species through interpretive yoga poses. The goal is to feel attuned and connected to this unique environment.

Read the descriptions of marsh species below to learn more about their behaviors so you can create fun poses that mimic the behaviors and traits of that specific organism.



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MARSH PERIWINKLE

Snails that feed on algae growing on marsh grasses; they are very in tune with local tides.

Pose

Make antennas with your hands and crouch low to eat at low tide and then stand up slowly, as if you were a marsh periwinkle climbing the grass at high tide.



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DIAMONDBACK TERRAPIN

Terrapins nest in marshlands to protect themselves from predators.

Pose

Stretch your neck out like a turtle.

