

Yoga

SPRING YOGA

10 easy yoga poses for kids



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.



4. Pretend to be the falling rain.



5. Pretend to be planting seeds.

**KIDS YOGA
STORIES**

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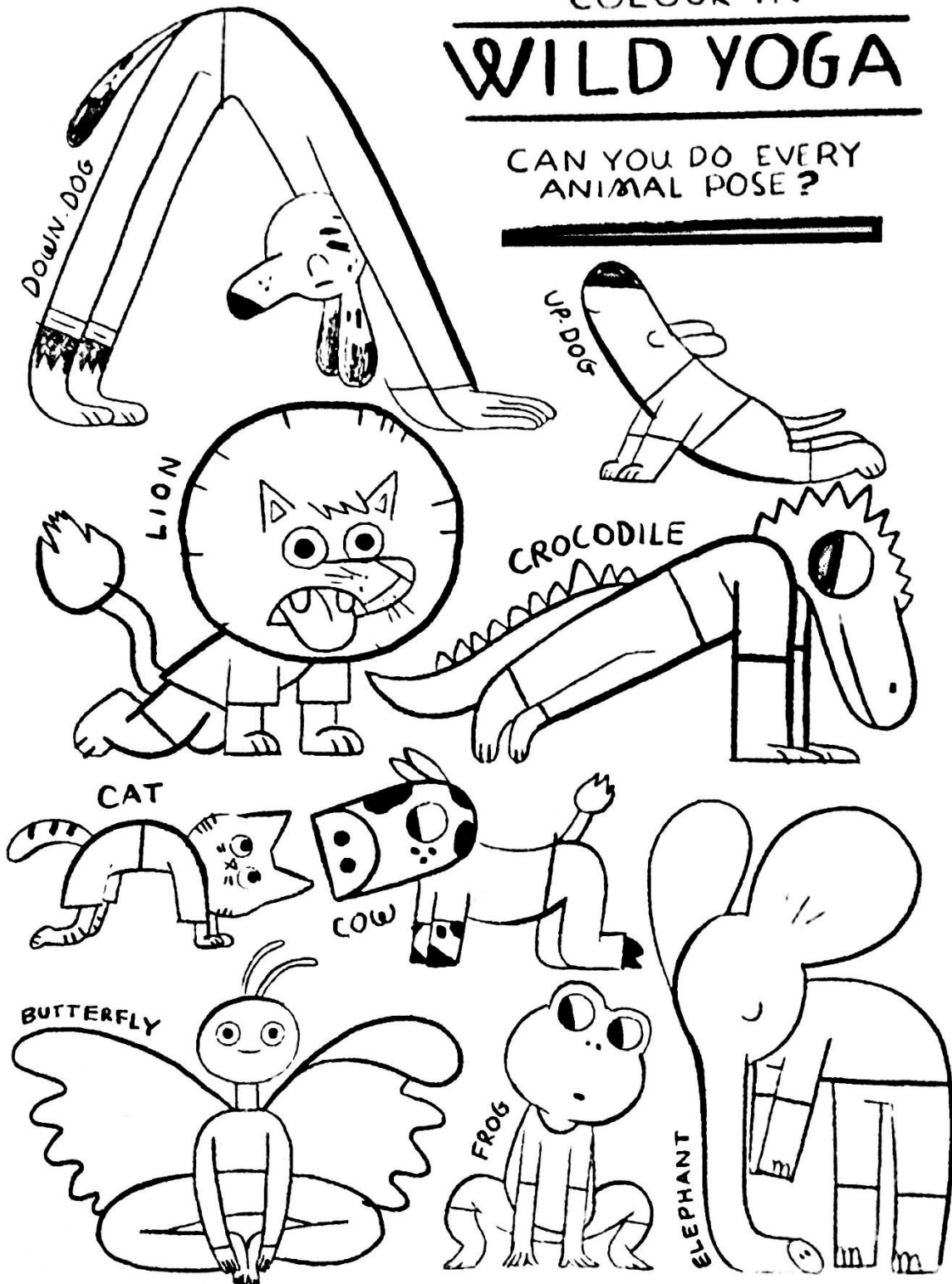
Enjoy Yoga from Gillian

Yoga

COLOUR IN

WILD YOGA

CAN YOU DO EVERY ANIMAL POSE?



CAN YOU DRAW YOUR OWN ANIMAL POSE?

DRAWN BY MR STEVE MCCARTHY-COLOURED BY-

an
post

Yoga

Benefits of Yoga



memory

breathing



independence

strength



self-regulation

friendships



sleep

mood



reduce stress



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Yoga

[Working-Memory - LearningWorks for Kids](#)

www.hammerathletic.com.au/strength-and-conditioning-for-your-kids/

[Language School in Jordan, Learn English Arabic and many more languages - Berlitz Jordan \(berlitz-jo.com\)](#)

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