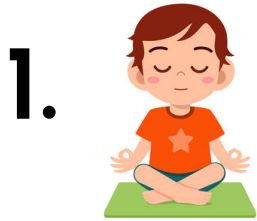


# Yoga For Kids





# Animal Yoga Poses



Dog Pose



Snake Pose



Turtle Pose



Flamingo Pose



Cow Pose



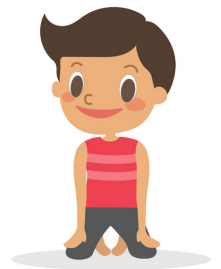
Monkey Pose



Camel Pose



Cat Pose



Lion Pose

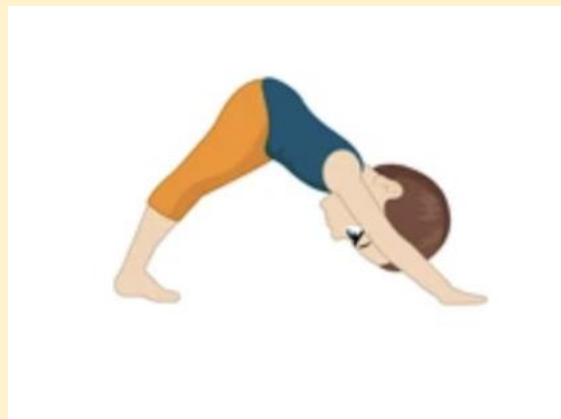


# Simple Stretches for Children!

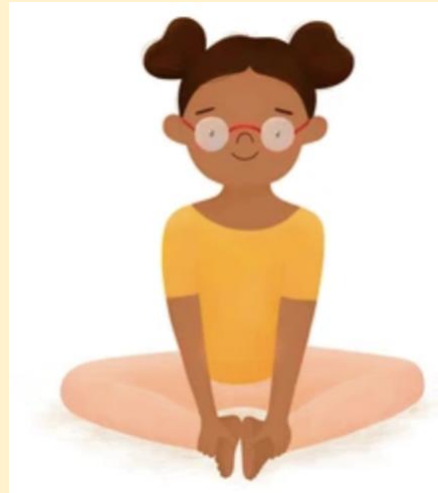
## 1. Toe touches



## 2. Downward Facing Dog



### 3. Butterfly Stretch



### 4. Quadriceps Stretch



## 5. Overhead Arm Stretch



### **Benefits of stretching for children:**

- Helps to calm the mind and increase attention span
- Improves joint stability and mobility
- Stretches the muscles
- Delays muscle fatigue and improves muscular coordination