



Yoga

In its simplest form, yoga is a series of movements connected to breathing. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's non-competitive. Yoga enhances flexibility, strength, coordination, and body awareness. Practising yoga helps children to relax, slow down and improves concentration and focus. Yoga teaches children self-care and relaxation techniques to help them to deal with little challenges that may arise in their lives.

(Source: [Yoga Journal](#))



KIDS YOGA

[Beginners Yoga Poses](#)

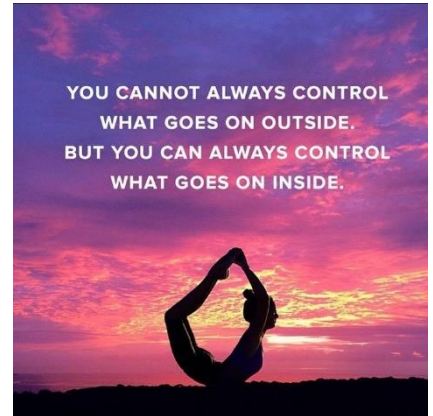
[Intermediate Yoga for Children](#)

[Advanced Yoga for Children](#)

[Yoga Poses PowerPoint](#)

[Pet Show PowerPoint](#) / [Pet Yoga Instruction Cards](#)

[Yoga Poster](#)



YOU CANNOT ALWAYS CONTROL
WHAT GOES ON OUTSIDE.
BUT YOU CAN ALWAYS CONTROL
WHAT GOES ON INSIDE.

Rainbow Yoga 🌈 **Yoga For All Ages!** 🌈 **Yoga With Adriene**

The perfect 17-minute practice to brighten your day. Great for all ages!



Harry Potter and The Philosopher's Stone | A Cosmic Kids Yoga Adventure!



Lots more fun yoga adventures can be found on [Cosmic Kids Yoga](#)

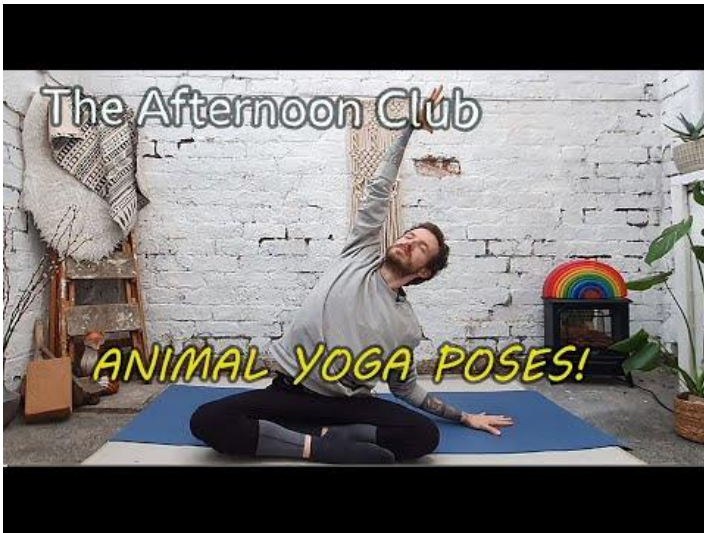
Sun Salutations & Yoga with Animals - Yoga for Kids (JI-2nd)



Yoga For Kids with Alissa Kepas (JI-2nd)



Yoga Animal Postures (Suitable for all ages)



Yoga For Self-Regulation | 30 Minute Kids Yoga Class with Yoga Ed. | Most suitable for 4th-6th Class



Yoga For Stress Relief | 20 Minute Kids Yoga Class with Yoga Ed. | Most suitable for 4th-6th Class

