

Yoga activity

KIDS YOGA



Prayer Pose



Shoulder Stand



Tree pose



Raised Hands Pose



Chair Pose



Extended Side Angle



Lunge Pose



Warrior 1 Pose



Warrior 2 Pose



Warrior 3 Pose



Plank Pose



Four Limbed Staff Pose



Zigzag Pose



Cobra Pose



Corp Pose



Boat Pose



Downward Facing Dog



Plow Pose



Standing Forward Bend Pose



Child Pose



Cow Pose



Cat Pose



Bow Pose



Camel Pose



Lotus Pose