Little 20-69

Yoga has amazing benefits for you and your kids. Just a little bit each day is enough to enhance mobility and teach your child body and breath techniques.



CHAIR Pose



camel Pose



extended side



HALF LORD OF



CHILD POSE



PLOW POSE



STanding
sofward bend





This is part of the Cire Children Services Family Activity Pack, Aug 2020 for similar activities or for more information visit www.cire.org.au



