

LITTLE YOGA

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
ANGLE



HALF LORD OF
THE FISHES
POSE



CHILD
POSE



PLOW
POSE



SHOULDER
STAND



STANDING
FORWARD
BEND



STANDING
FORWARD
BEND