

Yoga



Brain Breaks for Kids

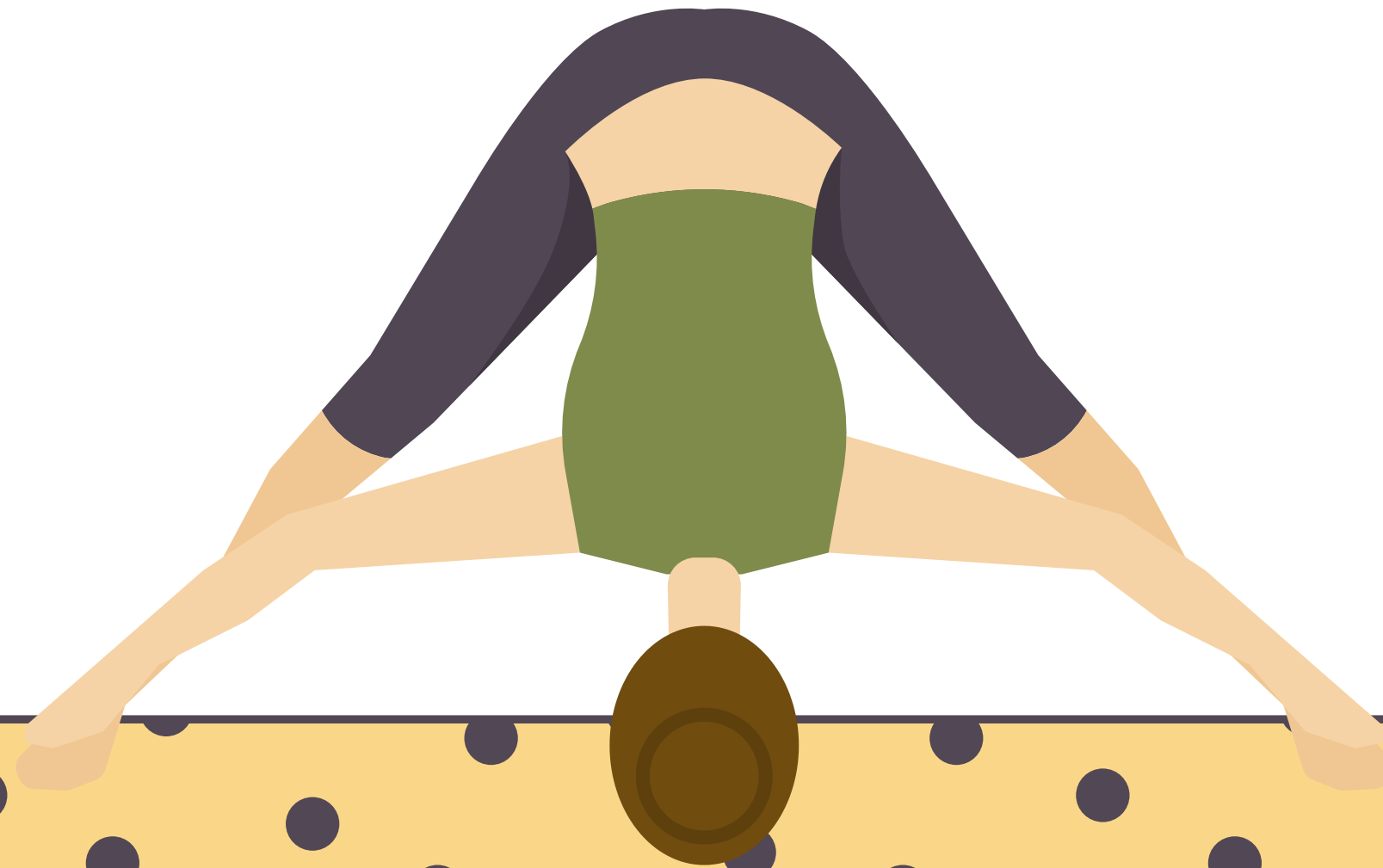
Lotus



Seated Fold



Wide Legged Forward



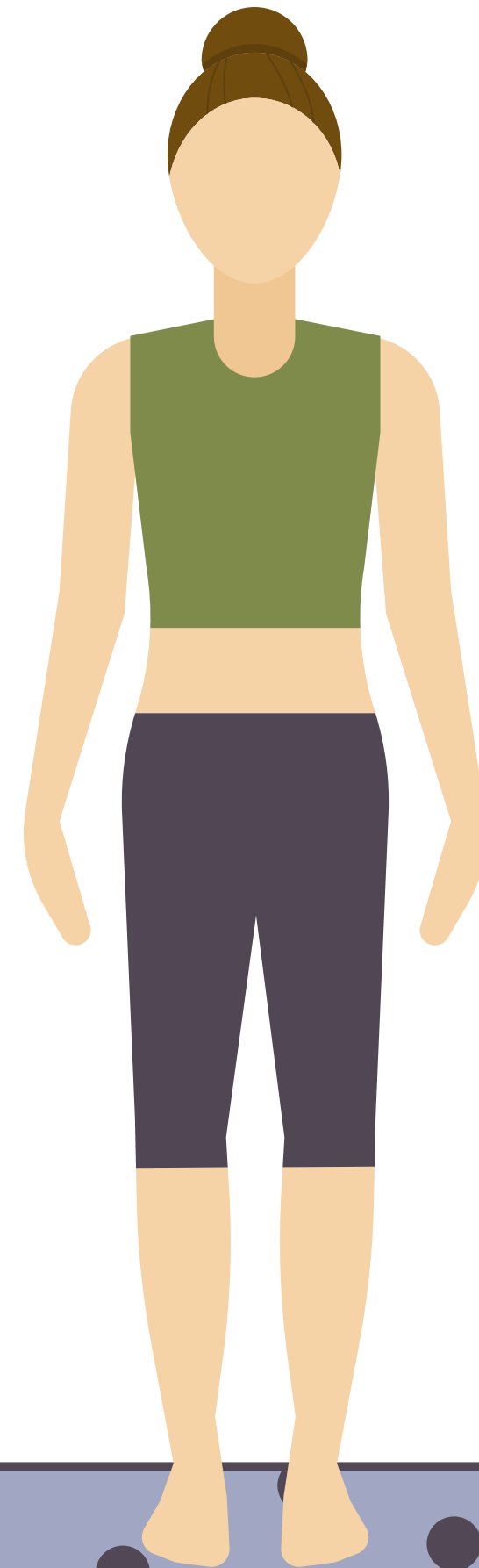
Butterfly



Happy Baby



Mountain Pose



Tree Pose



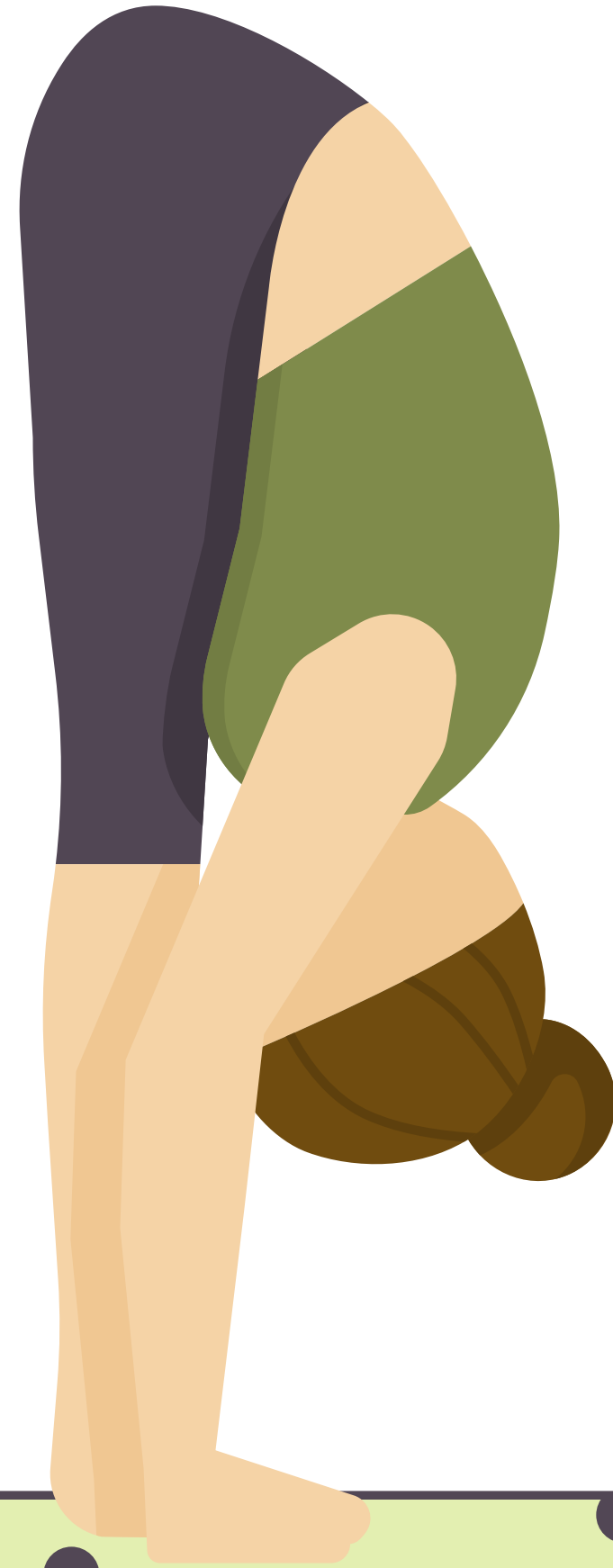
Warrior



Spinal Twist



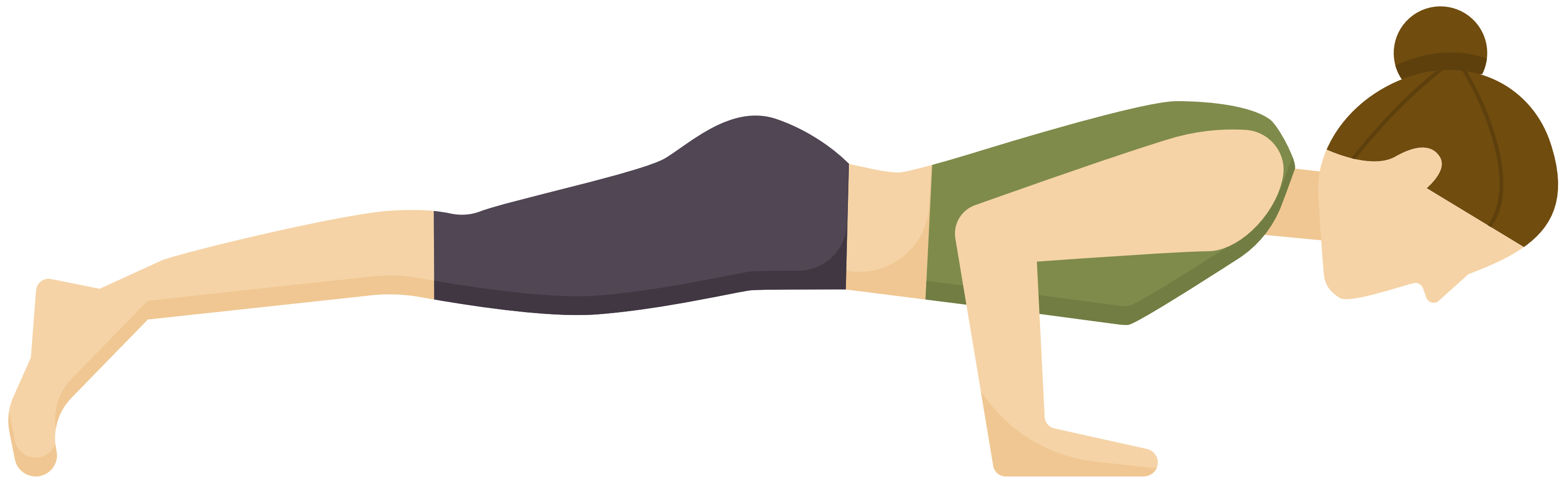
Forward Fold



Triangle



Dolphin Plank



Boat Pose



Child's Pose



Squat



Upward Dog



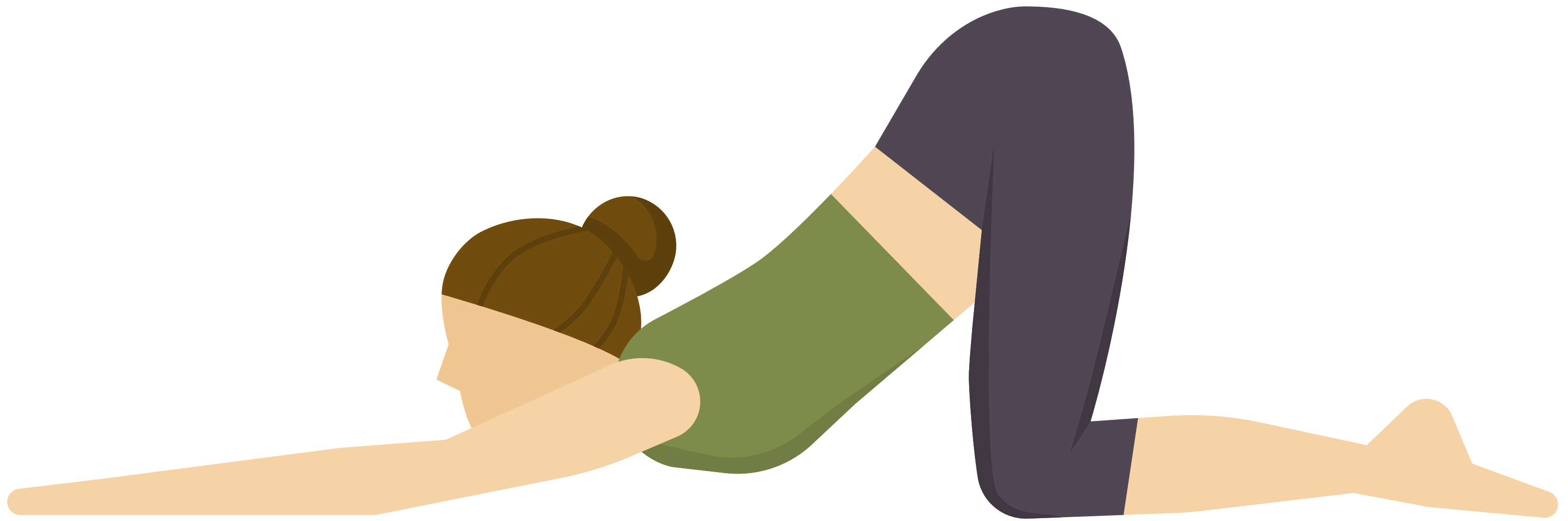
Seated Twist



Knees to Chest



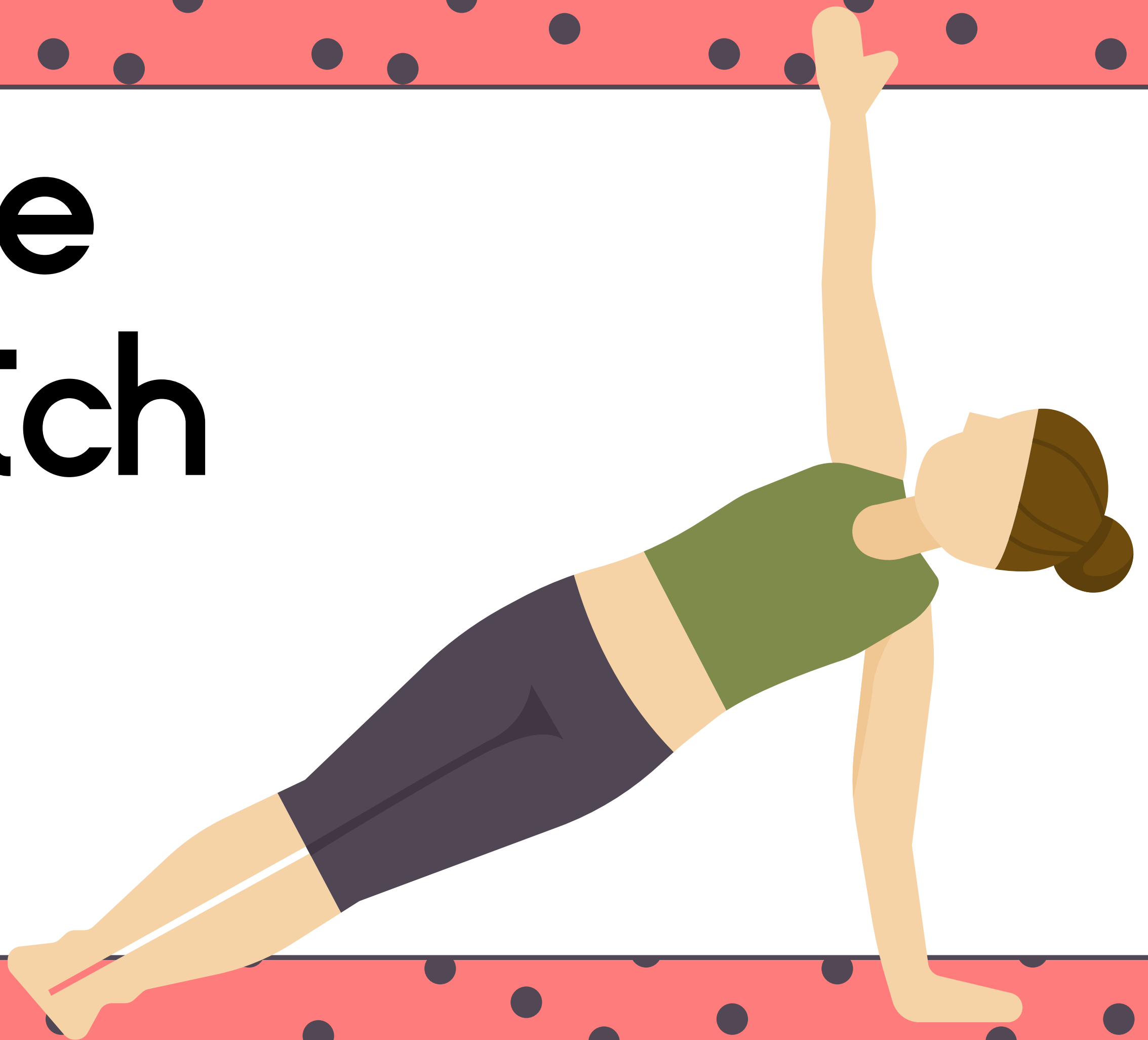
Puppy Pose



Bending Forward



Side Stretch



High Lunge

