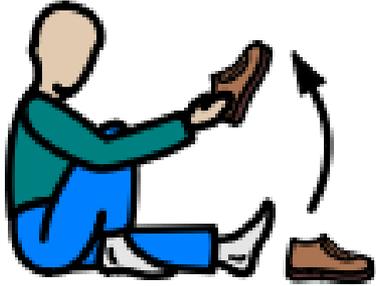


Animal Yoga and Mindfulness

- Set up a relaxing environment
- If you don't have a yoga mat use a blanket to pad the floor.
- Encourage to do each pose 3 times if you feel your child can do it
- Model each pose next to your child.

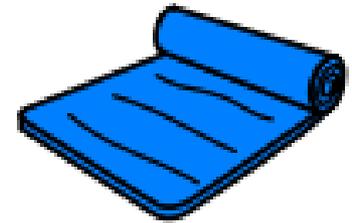
Getting ready



shoes off

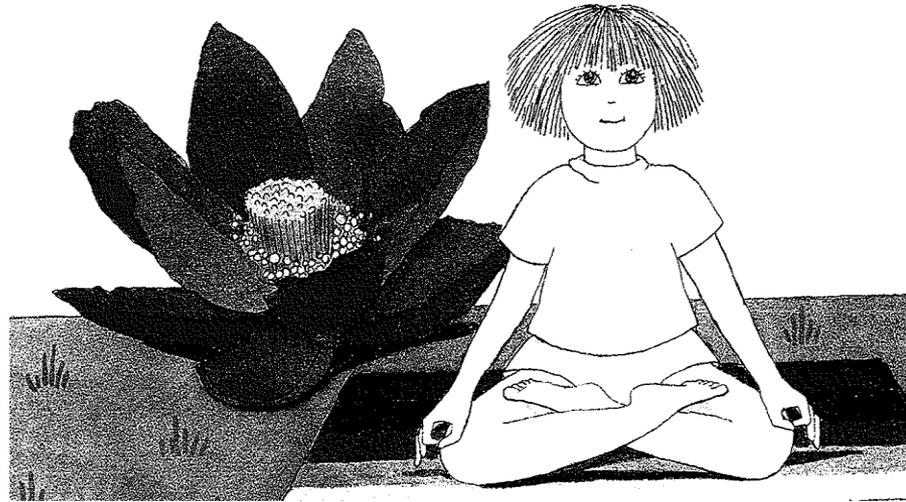


socks off



yoga mat

Lotus



Butterfly



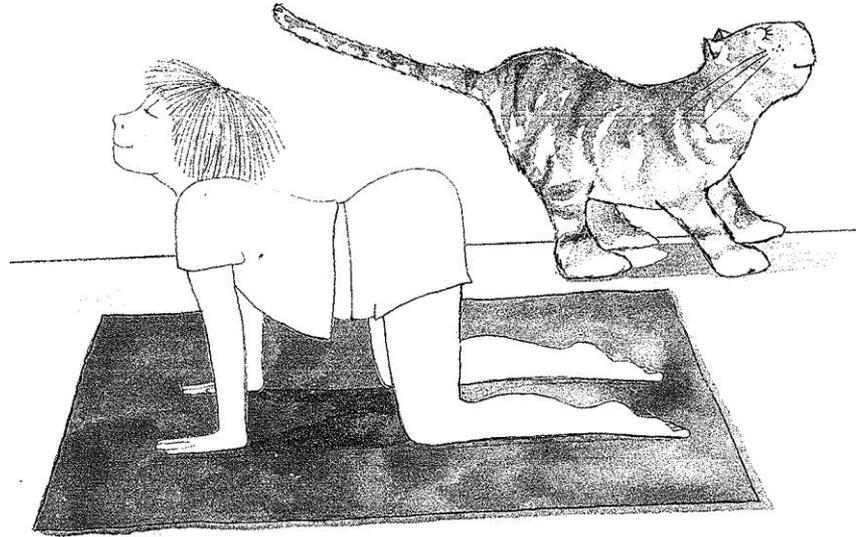
Bear



Turtle



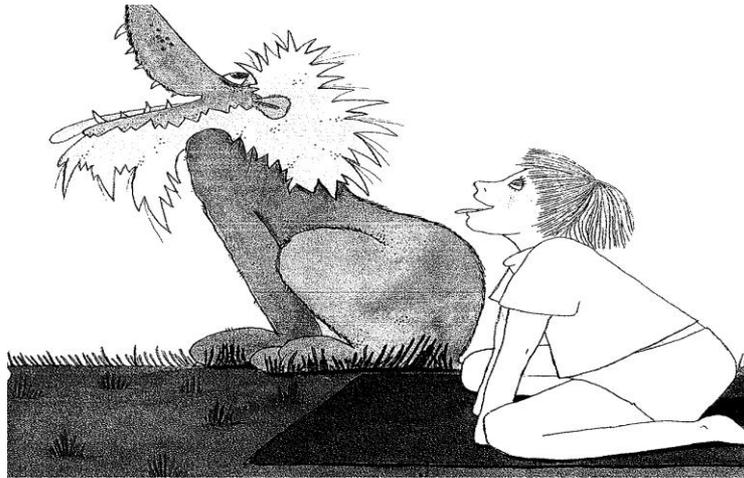
Cat



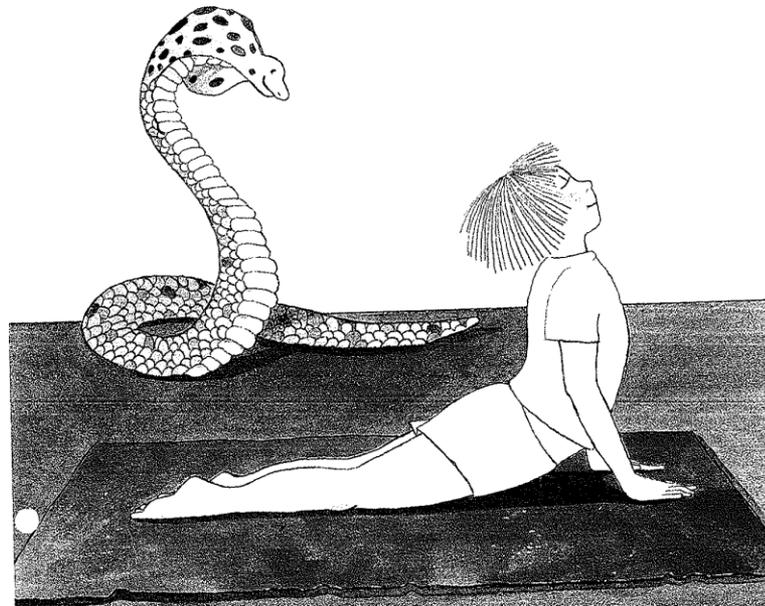
Child



Lion



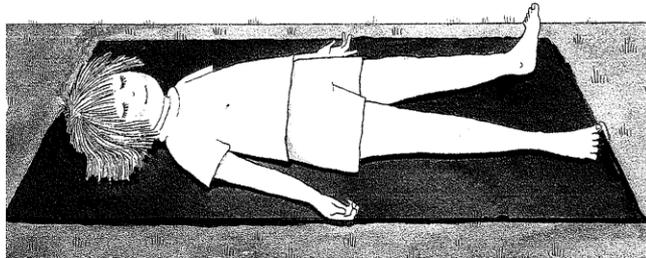
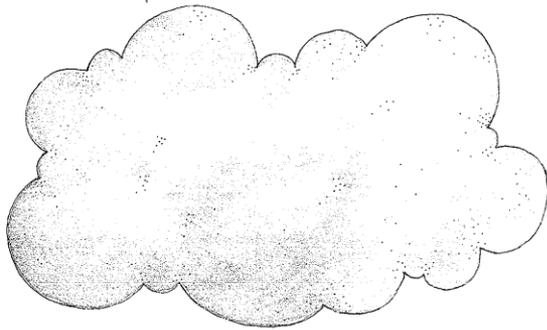
Cobra



Bee



Cloud



1. Click on the cloud to listen to the mindfulness video
2. Put a blanket on to feel warm





tidy up