

## ANIMAL YOGA FOR KIDS





Working in partnership

## Why Is Yoga Good For You?

Helps with body awareness and confidence

It improves your flexibility and strength

It improves coordination and balance

Helps to reduce anxiety levels

It can reduce your stress levels

**Controls energy intake** 

**Calms the body** 





LION



GIRAFFE



CAT

Can You Try All Of The Positions?









CAMEL

**MONKEY** 

DOG

**TURTLE**