

Healthy Living:

# Yoga for Kids

Swaying Tree



Chair



Airplane



Half Dancer



Forward Bend



Gorilla



Deep Lunge



Dragon



Twisted Dragon



Bird Dog



Pigeon



Dolphin



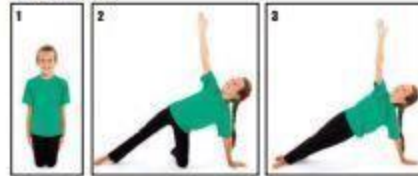
Cow



Cat



Side Plank



Half Camel



Half Boat



River



Lying Twist



Chill Pose



TRANSITION POSES:

Down Dog



Mountain



Table Top



Knee Stand



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