

# Yoga Session

Activity- calming music playing throughout, to set the mood and go through the poses with your child allowing them to copy you if possible as some children may struggle with them. If not, then try the cosmic kids yoga as it will guide them through a themed story, copying the lady doing the yoga moves. This has both physical and mental health benefits to you and your child which are key especially during the current climate.

<https://youtu.be/VmmbWcOtblU> - goo YouTube video of a yoga themed story adventure.



# Yoga Session



Warrior I



Flower



Dancer



Chair



Downward Dog

# Peace begins with me



Warrior II



Bridge



Crow



Plank



Tree



Boat



TV Watching



Plow



Triangle



Table



Cat



Child's



Lion



Cow



Superman



Sandwich



Star



Cobra



Corpse



Bow



Ragdoll