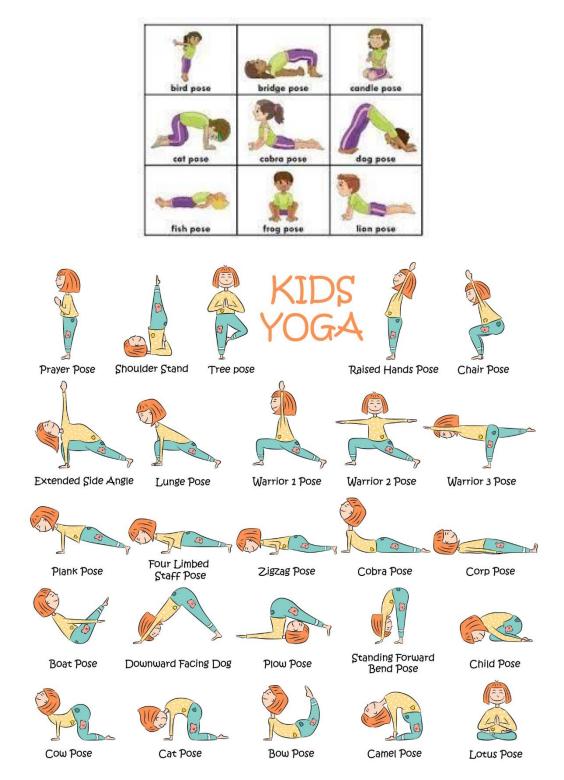
Activity- calming music playing throughout, to set the mood and go through the poses with your child allowing them to copy you if possible as some children may struggle with them. If not, then try the cosmic kids yoga as it will guide them through a themed story, copying the lady doing the yoga moves.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

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



Yoga Session

