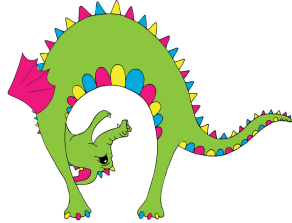




KINDY YOGA

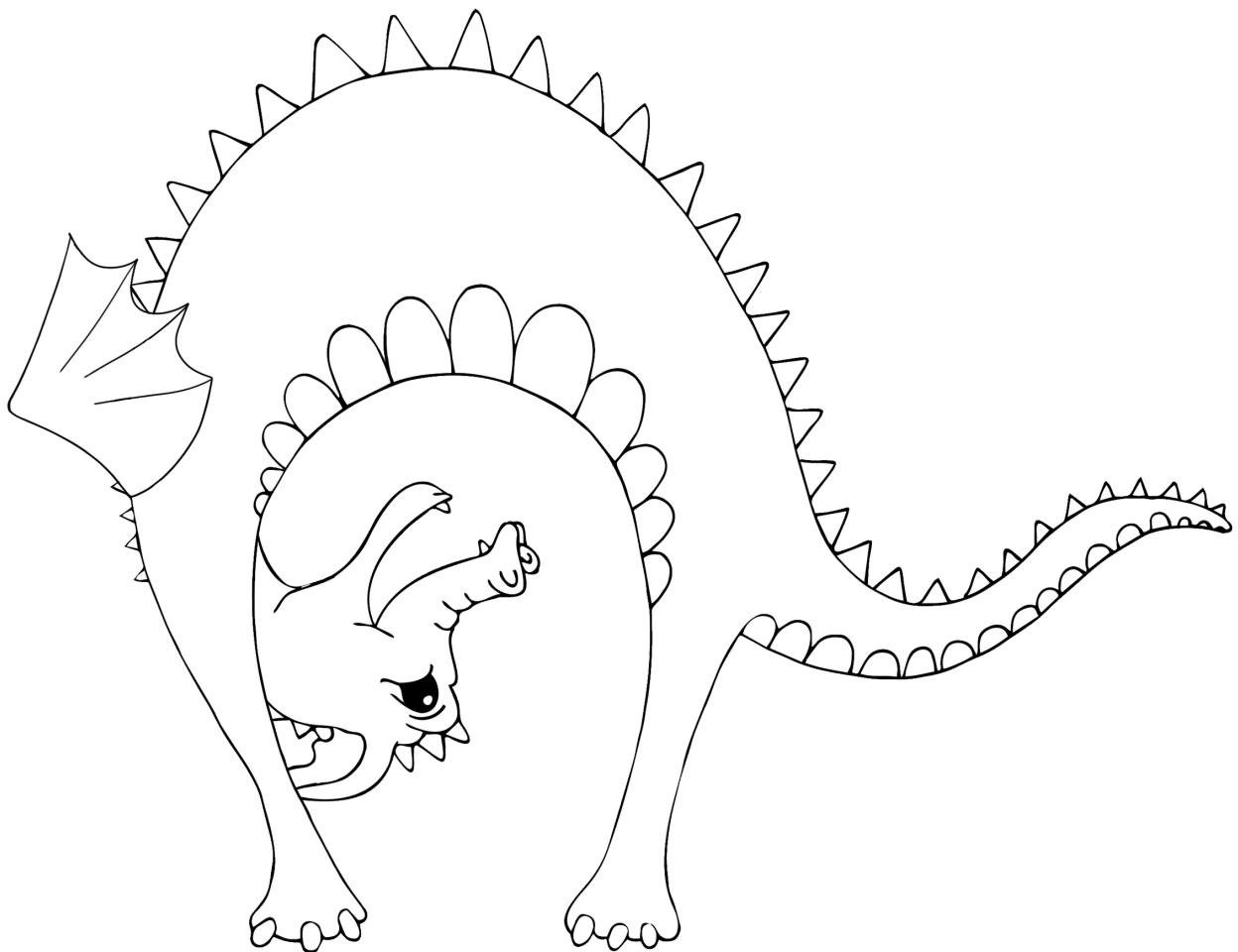
POSE OF THE WEEK



THE CAT

HOW DOES IT HELP ME?

- it stretches my back and neck muscles
- it strengthens my shoulders, belly and wrist muscles
- it helps me be strong so I can stand and sit well
- it calms my mind
- it lengthens my spine
- it helps my body to work better (circulation)



Can you please colour me in?

kidsfitaustralia.com

Name:

Date: