

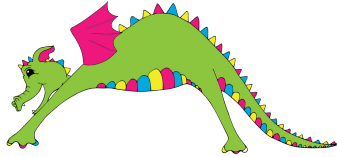


KINDY YOGA

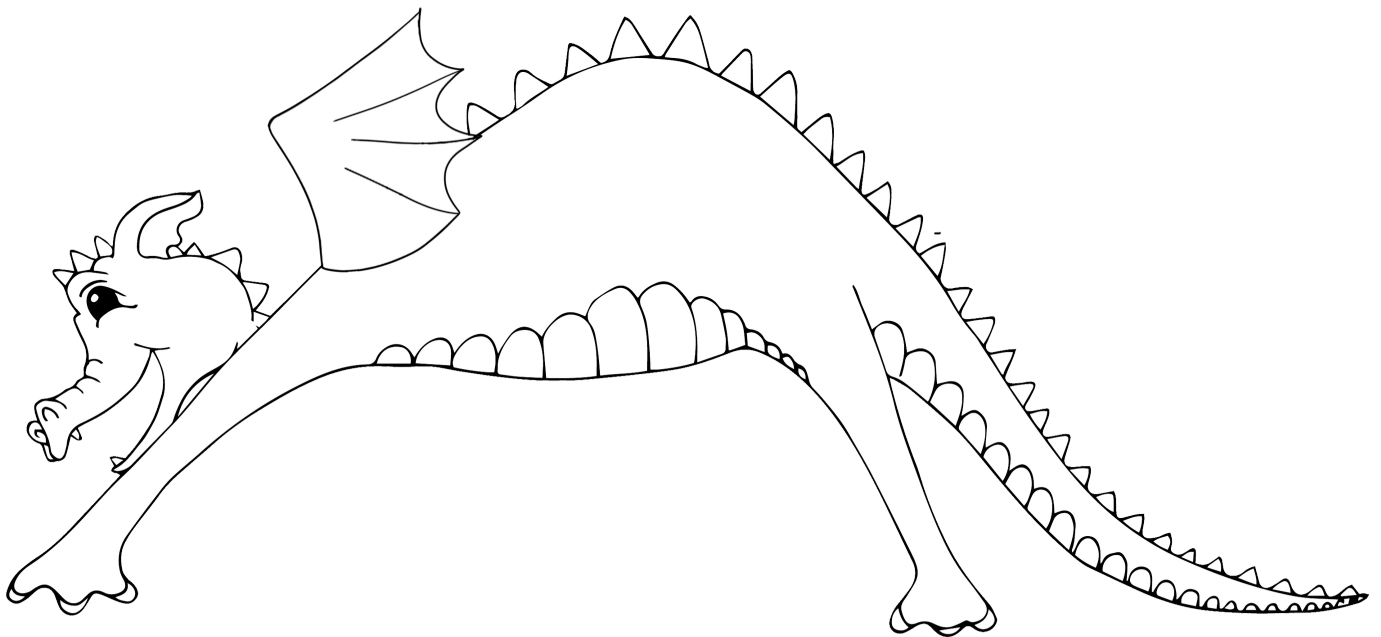
HOW DOES IT HELP ME?

- it strengthens my back, legs, shoulders and hands
- it makes me more stretchy so I can move better
- it makes me feel grounded and happy
- it helps me learn to be upside down

POSE OF THE WEEK



DOWNWARD DOG



Can you please colour me in?

kidsfitaustralia.com

Name:

Date: