

Fact Sheet 4



Living a Wholistic Life
Your journey towards a freedom life

Garden Yoga for Children

Turn yoga into a game to encourage children to be interested in a lifetime of spiritual growth.

SQUAT POSE

(pretend to be a frog)



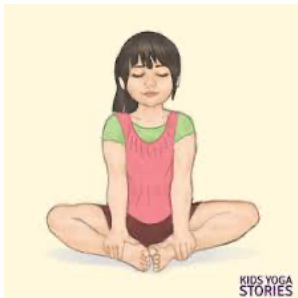
TREE POSE

(pretend to be a tree)



COBBLER POSE

(pretend to be a butterfly)



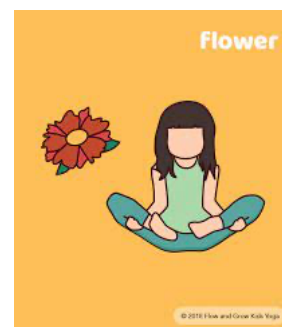
CHILD POSE

(pretend to be a seed)



FLOWER POSE

(pretend to be a flower)



DOWNWARD DOG

(pretend to be a dog)

