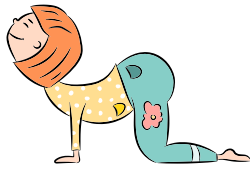


## Beginner Yoga Poses for Kids



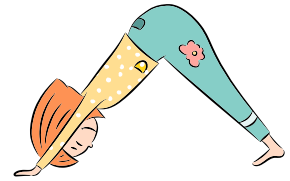
☐ Cow Pose



☐ Cat Pose



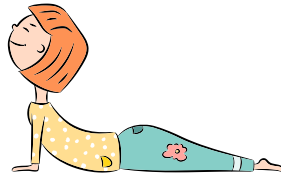
☐ Child Pose



☐ Downward Facing Dog



☐ Boat Pose



☐ Cobra Pose



☐ Corp Pose



☐ Tree pose



☐ Warrior 1 Pose



☐ Standing Forward Bend Pose

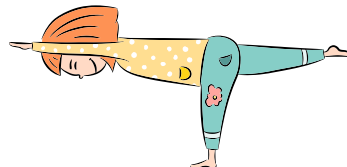


☐ Raised Hands Pose

## Intermediate Yoga Poses for Kids



☐ Lunge Pose



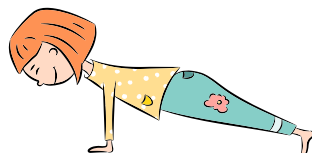
☐ Warrior 3 Pose



☐ Warrior 2 Pose



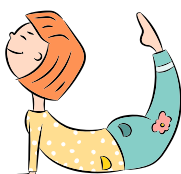
☐ Chair Pose



☐ Plank Pose



☐ Plow Pose



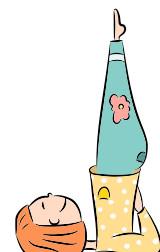
☐ Bow Pose



☐ Camel Pose



☐ Extended Side Angle



☐ Shoulder Stand