

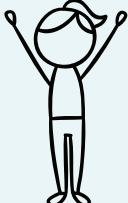
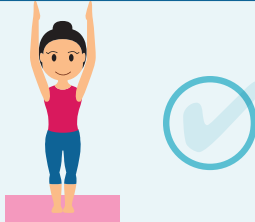


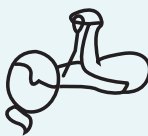







YOGI DRAW, YOGI DO

Draw each pose to help you visualise, then try them out at home, and check each one off when you complete it.

LEARN IT	DRAW IT	DO IT
 <p>Easy Pose</p>		
 <p>Mountain Pose</p>		
 <p>Downward-Facing Dog Pose</p>		
 <p>Happy Baby Pose</p>		
 <p>Warrior II Pose</p>		

➔ Hey Parents!

This activity is effective for reducing stress and anxiety, managing and channelling emotional impulses, and improving concentration. Practising these simple poses together with your child is also good for bonding.

