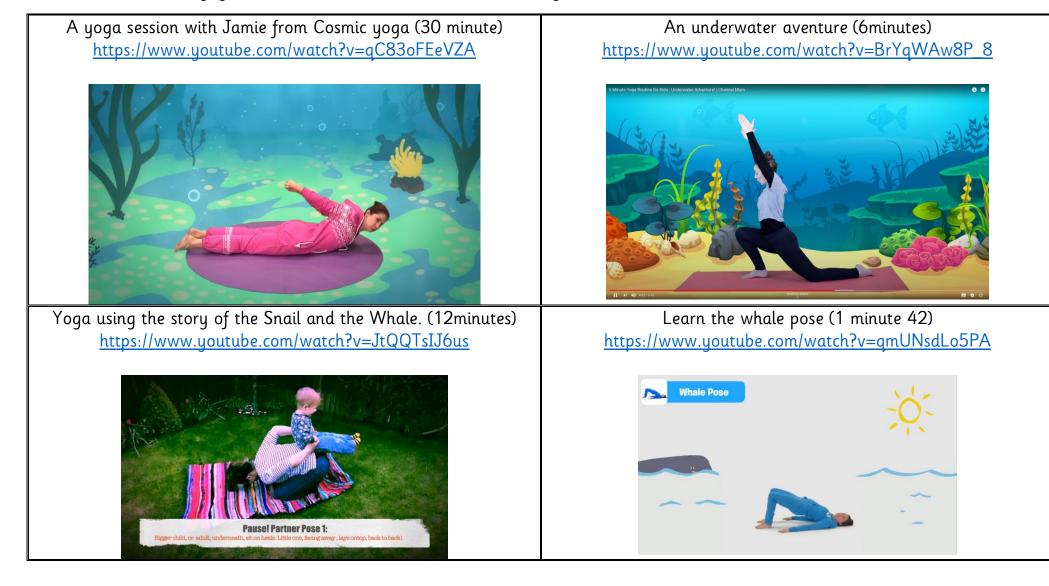
Snail and the Whale yoga

Children gain a lot of different things from carrying out yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Here are some online yoga sessions which could be carried out during the week.



Some more yoga poses to try out

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I am a jellyfish. STANDING FORWARD BEND



lam a shark.



l am a dolphin. DOLPHIN POSE



I am a crab. TABLE TOP POSE





Ocean Animals

C Kids Yoga Stories.

BEACH YOGA l am a surfer. WARRIOR 2 POSE I am a beach chair. CHAIR POSE I am a sandcastle. **DOWNWARD-FACING DOG POSE** I am a swimmer. LOCUST POSE l am a sea star. **RESTING POSE**

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Beach Yoga Poses