

REGess!

waco parks and recreation

YOGA FOR KIDS

Each pose should be held for 10-15 seconds or longer, depending on the age of the child. Remember that children should practice yoga at their own pace and according to their own unique abilities.



Upward Salute



Extended Side Angle



Warrior I



Warrior II



Tree



Mountain



Cow Face



Lion



Hero



Easy



Salutation Seal



Corpse



Bow



Locust



Happy Baby



Cat



Downward Facing Dog

