

# KIDS YOGA



**TREE POSE**



**CAMEL POSE**



**LORD OF THE  
DANCE POSE**



**CHAIR POSE**



**BIG TOE  
POSE**



**TRIANGLE  
POSE**



**BOW POSE**



**BOAT POSE**



**SCORPION  
POSE**



**DOWN DOG  
POSE**



**WARRIOR  
POSE**



**PLANK POSE**



**COW POSE**



**SEATED SIDE  
POSE**



**WARRIOR 2  
POSE**



**LUNGE POSE**