

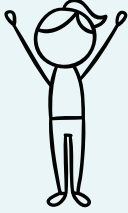
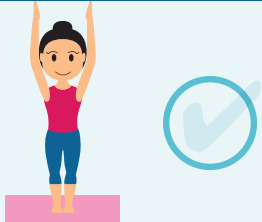
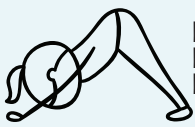

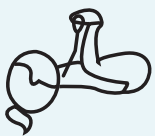







# YOGI DRAW, YOGI DO

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 data-bbox="302 598 423 637">Easy Pose</p>		
 <p data-bbox="302 811 423 869">Mountain Pose</p>		
 <p data-bbox="302 1033 450 1130">Downward-Facing Dog Pose</p>		
 <p data-bbox="302 1275 430 1333">Happy Baby Pose</p>		
 <p data-bbox="302 1487 423 1545">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.

