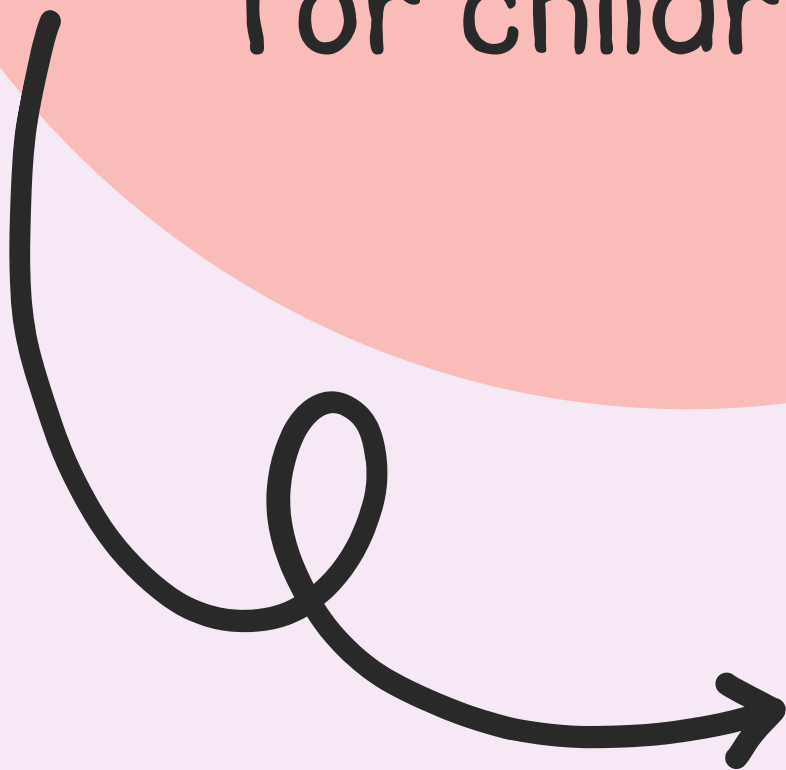




YOGA POSES

for children



DOWN DOG POSE

THIS POSITION ALLOWS THE CHILD TO LEARN TO MANAGE AND STABILIZE THE CENTER OF GRAVITY OF HIS BODY.





TREE POSE

ONE OF THE MOST EFFECTIVE AND FUN POSITIONS. THE CHILD CONTROLS BALANCE, CONCENTRATION, AND ATTENTION TO THE OUTSIDE.

CHAKARASANA

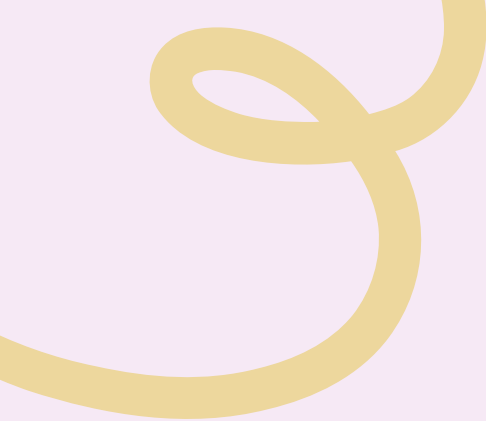
IT HELPS TO STRENGTHEN THE SPINE, INCREASE FLEXIBILITY AND BALANCE, IMPROVE DIGESTION, AND IMPROVE CONCENTRATION.





FACING DOG

PLACE THEIR HANDS ON THE
FLOOR AND PRESS INTO THE TOPS
OF THEIR FEET WHILE LEGS ARE
PULLED BACK TO IMPROVE
SPINAL POSTURE.



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