



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Yoga Exploration!

Yoga helps to instill confidence and teaches children to persevere, be patient, and work towards their goals. It also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

With this week's PRINTABLE, your children will put together three fun flipbooks showing breathing and yoga exercises: dragon breathing, tiger pose, and tree pose.

- **Printable here:** <https://drive.google.com/file/d/1ZZzRF-tDeSKzK9afOZjChFTjbXUHj3-N/view>
- **Create flipbook here:** https://www.youtube.com/watch?v=yJc8HK-pjgk&feature=youtu.be&utm_campaign=RESEND+Yoga+flipbooks+newsletter+%28LaZbTH%29&utm_medium=email&utm_source=Didn%27t+Open+Yoga+flipbooks+newsletter&ke=eyJrbF9lbWFpbCI6ICJzam9uZXNAeW1jYXNwYmMub3Jnlwglmt sX2NvbXBhbnlfaWQiOiAiTU1TYWJmIn0%3D

