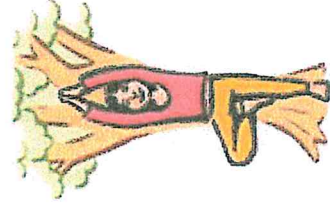
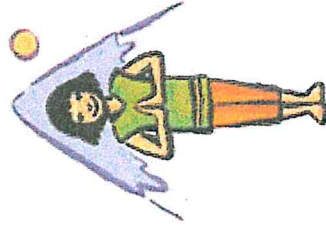


Ecole Le Clos Perrine

FRANCE

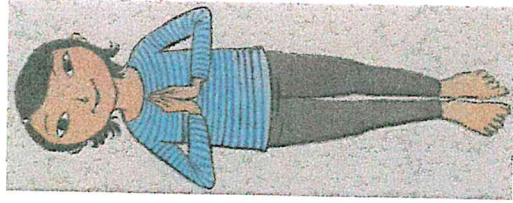


# Yoga poses For kids

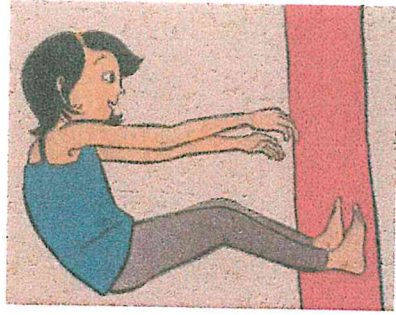


1-Warm up:

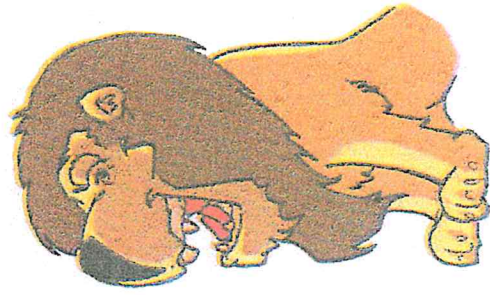
Hello



The horse:



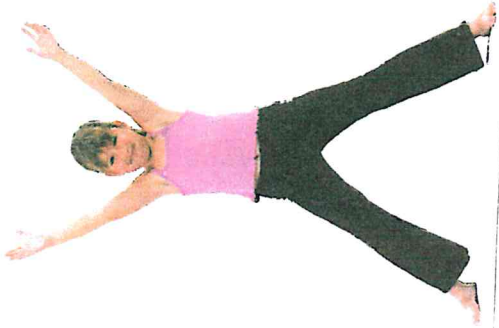
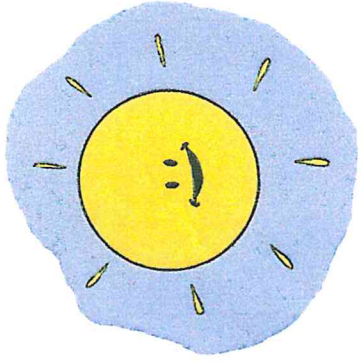
Lion pose:



## 2-walk in the jungle

A little boy walks in the jungle. It's very hot. The sun is very hot!!

### The sun pose:



He walks under very big trees.

### Tree pose:

La posture de l'arbre



1



2



3

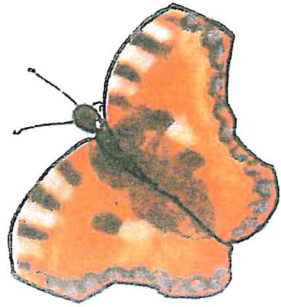
Inspirer, expirer 5 fois

Recommencer autre pied



The little boy sees a beautiful butterfly .

## Butterfly pose :



The boy sees a dangerous tiger!

## Tiger pose:

La posture du tigre



1



2



Expirer

3



Inspirer

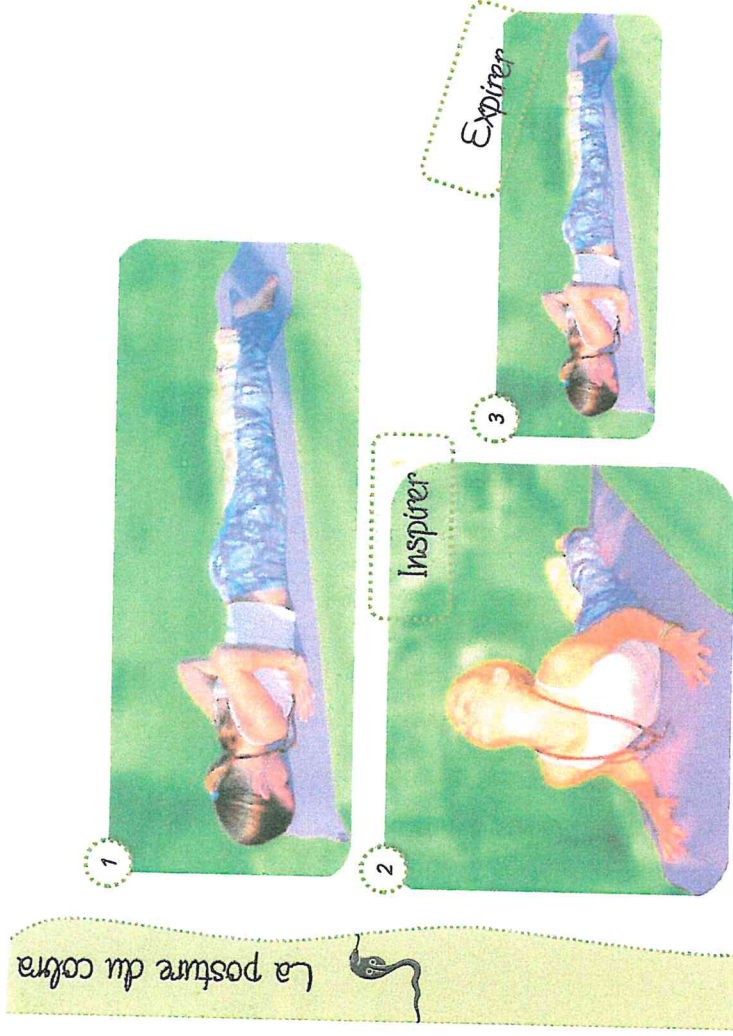
4



Secouer la jambe

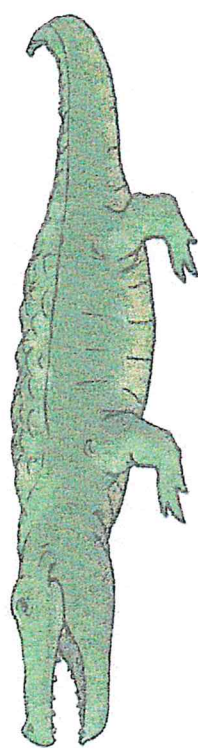
The boy is scared, he sees a dangerous cobra

## Cobra pose:



He sees a crocodile too

## Crocodile pose:





# 3 -stretching

## Cat pose :

Étirement du côté et du dos

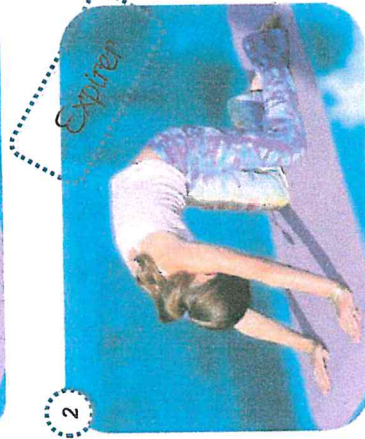
La posture du chat



1



2



Expirer

3



Inspirer



Recommencer 5 fois

## Turtle pose :

Étirement de la colonne vertébrale, du dos. Souplesse du bassin

La posture de la tortue



1



Ecarter jambes

2



Se pencher et poser  
front au sol

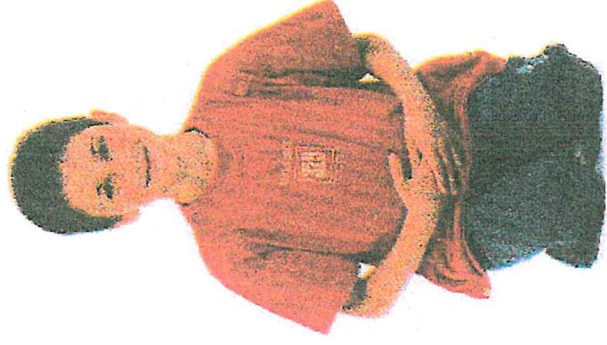
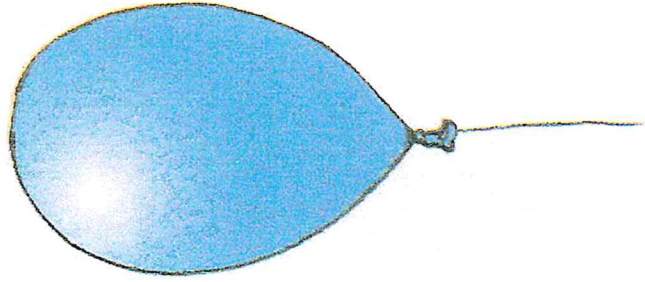
3



Se redresser

4-Inhale and relaxation:

Inhale (big balloon)



Relaxation: starfish

