



## Yoga: Morning Energy

Yoga, a practice that began in ancient India, links breath to movement. It can help strengthen and calm bodies and minds. Lead children through poses by first practicing each pose, then linking them altogether in a “flow” in this energizing routine. Prompt them to take and release 5 deep breaths in each pose. Modify poses to meet each child where they are. Don’t correct children if their pose isn’t perfect.



Tabletop



Kneeling Twist  
(Right, Left)



Downward Dog



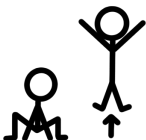
Three-Legged Dog  
(Right, Left)



Downward Dog



Hands to Feet



Frog Hops



Upward Salute



Crescent Moon  
(Right, Left)