

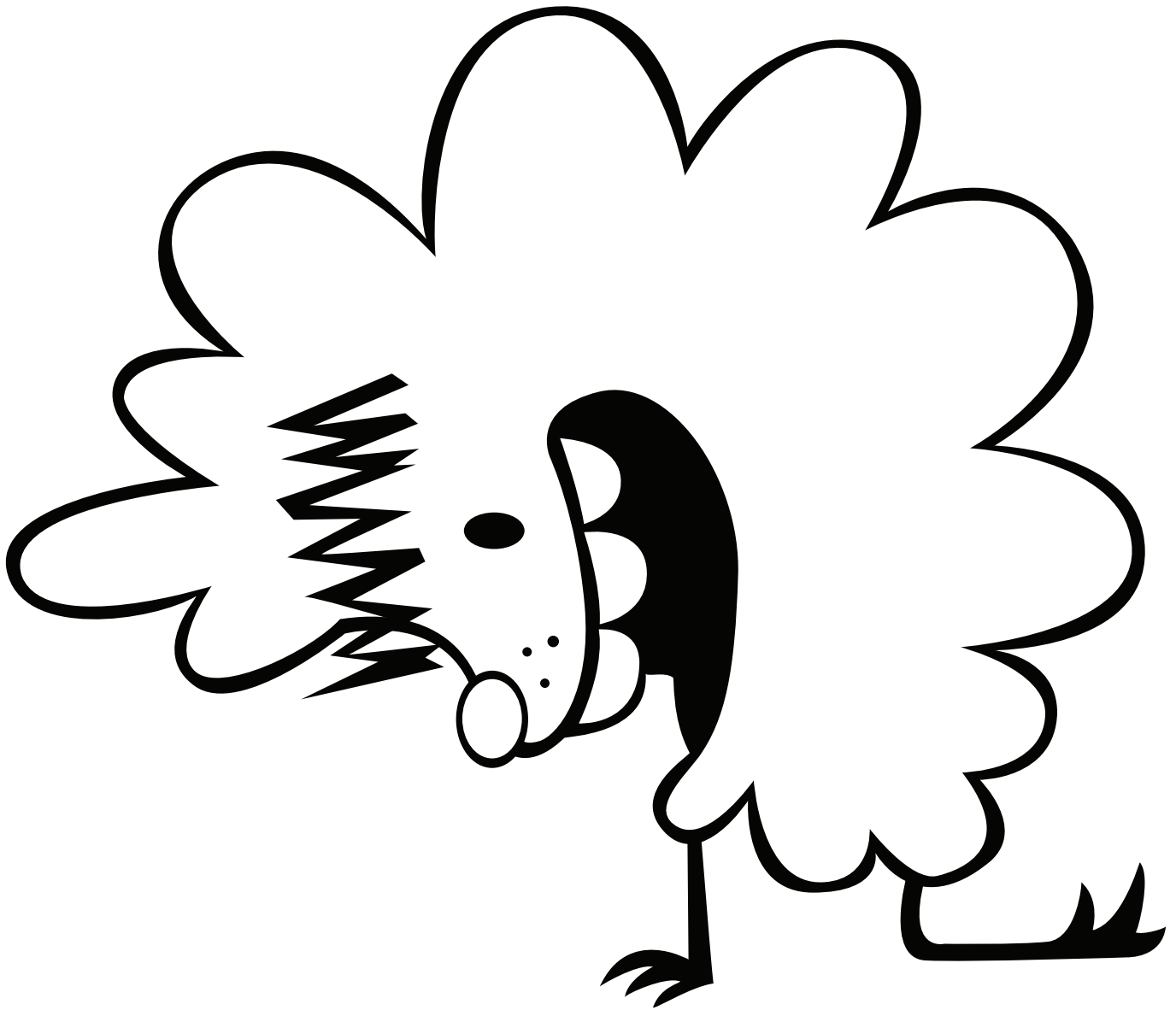
Name _____

Date _____

Yoga for Kids

CAT POSE

Cat Pose helps you feel calm and alert. Begin on your hands and knees, with your arms straight, fingers outstretched. Take a deep breath in and gently round your back and shoulders. Drop your head. Breathe out and slowly return to your starting position.



CuzCuz in Cat Pose