

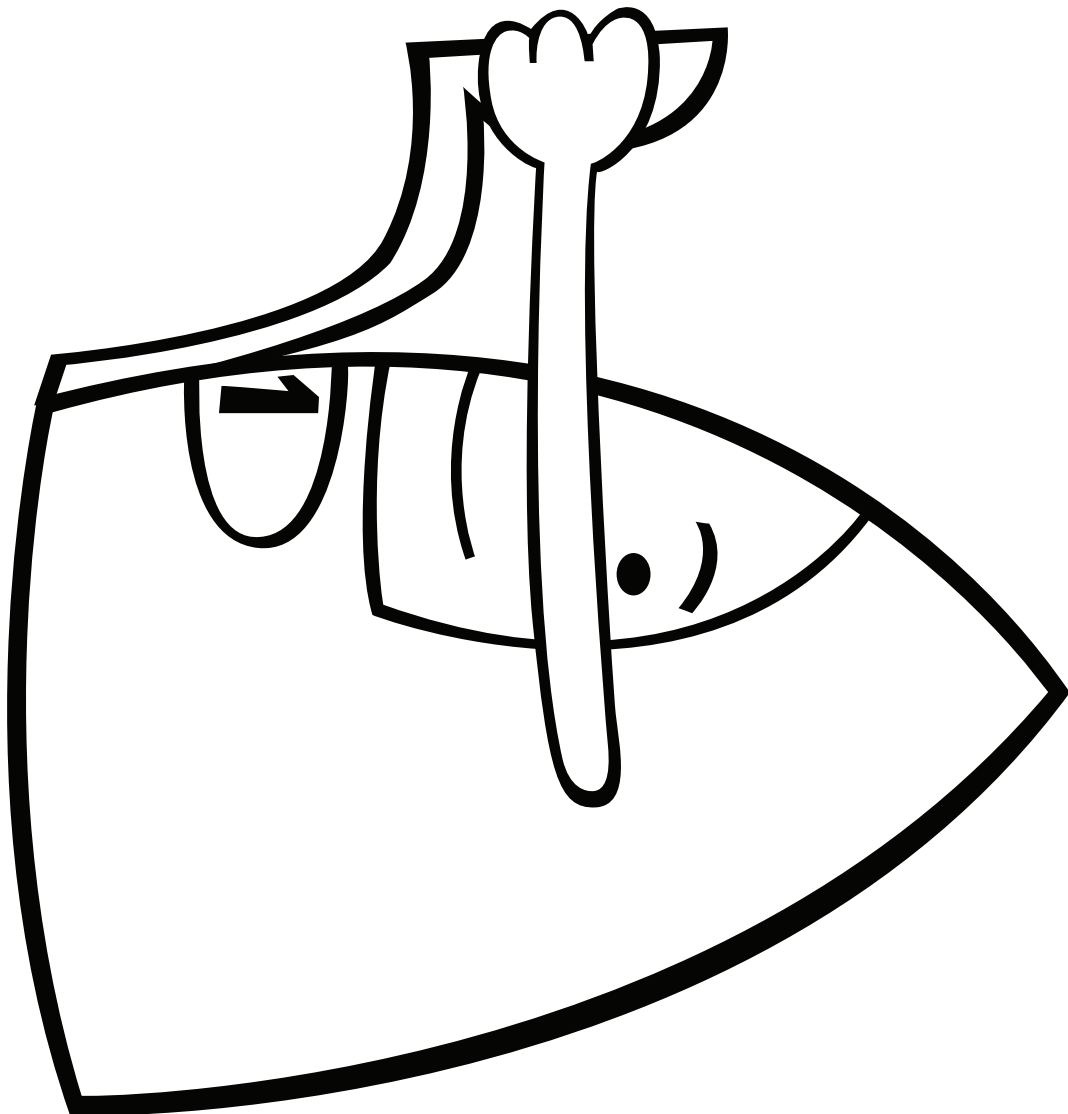
Name _____

Date _____

Yoga for Kids

HAPPY BABY POSE

Happy Baby Pose helps you feel joyful and serene. Lie on your back and take a deep breath in. As you breath out, bring your knees to your stomach. Raise your arms and use your hands to hold your feet, ankles, or thighs. Slowly bring your knees to your chest. Take another deep breath in and out.



Muggo in Happy Baby Pose