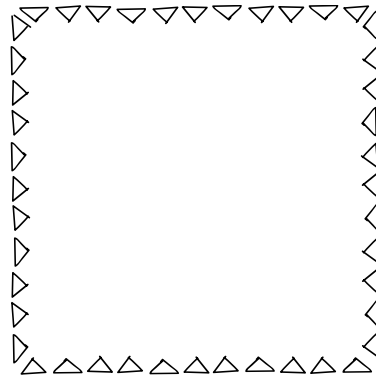


# SUN SALUTATION FOR KIDS

DRAW YOURSELF DOING EACH OF THE POSES AND HAVE FUN DOING THIS SUN SALUTATION MADE JUST FOR YOU!

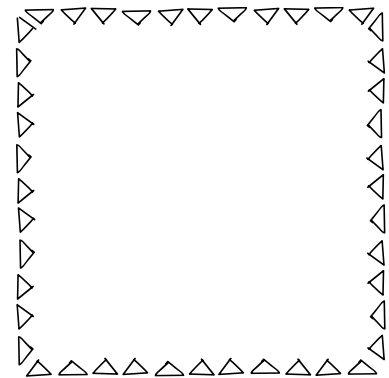
MOUNTAIN POSE  
"STAND AND LOOK AT THE SKY"



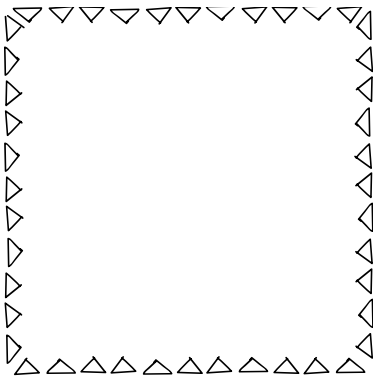
FORWARD FOLD  
"LOOK AT YOUR TOES"



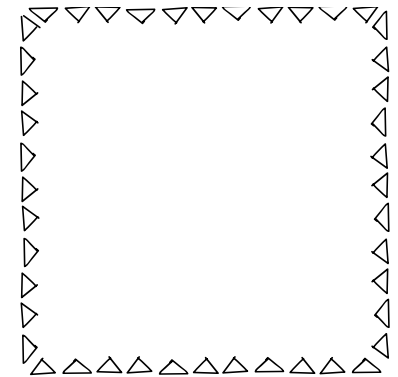
FORWARD FOLD  
"LOOK AT YOUR TOES"



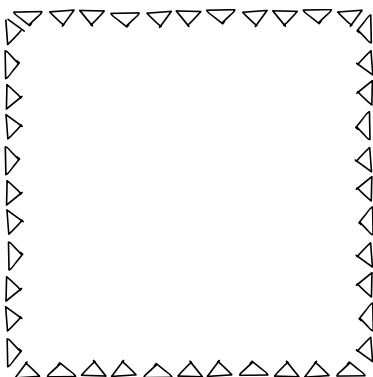
YOGI SQUAT/FROG POSE  
"FEET JUMP UP"



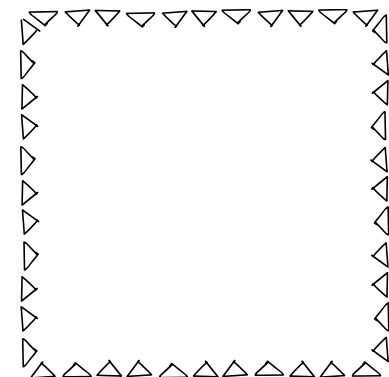
PLANK POSE  
"FEET JUMP BACK"



DOWNWARD DOG  
"PUSH YOUR SEAT TO THE SKY"



STRONG PUSH-UP  
"TUMMY TO THE FLOOR"



COBRA POSE  
"LOOK TO THE SKY WITH  
TUMMY ON THE FLOOR"

