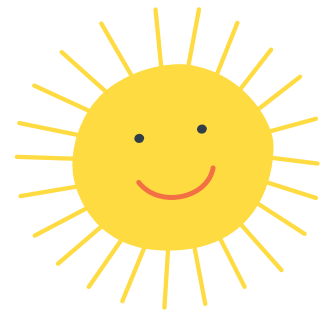




# MORNING YOGA

AGES 5-12

This sequence is the perfect way to start the day. After your morning yoga, make sure to enjoy a healthy breakfast with fresh veggies.



1 10 sec

CHILD POSE

2 10 sec

BUTTERFLY POSE

3 10 sec

COW POSE

4 10 sec

CAT POSE

5 10 sec

DOWNWARD DOG POSE

6 10 sec

COBRA POSE

7 10 sec

LEGS UP POSE

8 10 sec

FINAL RESTING POSE



Completed by:



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HEALTHY  
FOR KIDS.  
EASY  
FOR YOU.