

# *Crim* YOGA FOR KIDS

TAKE 3 DEEP BREATHS WITH EACH POSE



**DOWNWARD DOG**



**CAT POSE**



**BRIDGE POSE**



**COW POSE**



**FROG POSE**



**LION'S POSE**



**CHILD'S POSE**



**SNAKE POSE**



**WARRIOR POSE**



**BUTTERFLY POSE**



**TREE POSE**



**CHAIR POSE**



**TRIANGLE POSE**



**AIRPLANE POSE**



**STAR POSE**

**CRIM.ORG**