

# Half Moon Pose

GRACE + ZEN

A Children's School of Yoga and Ballet



I like to practice this pose leaning against a wall. It takes a lot of practice and tests my balance.

# Dog Pose

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Dog pose brings fresh oxygen to my brain and gets my blood circulating through my whole body. It feels so good!

# Snake Pose

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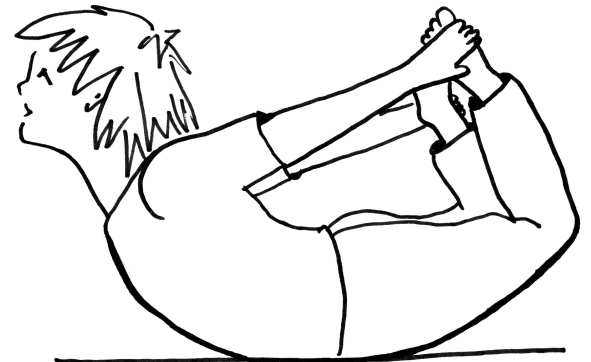


This pose feels so good! It stretches my stomach muscles and feels good on my lower back. I like to pretend I'm a snake with a long colorful tale!

# Basket Pose

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What is in your basket? This pose stretches my whole body and makes me feel refreshed and awake!



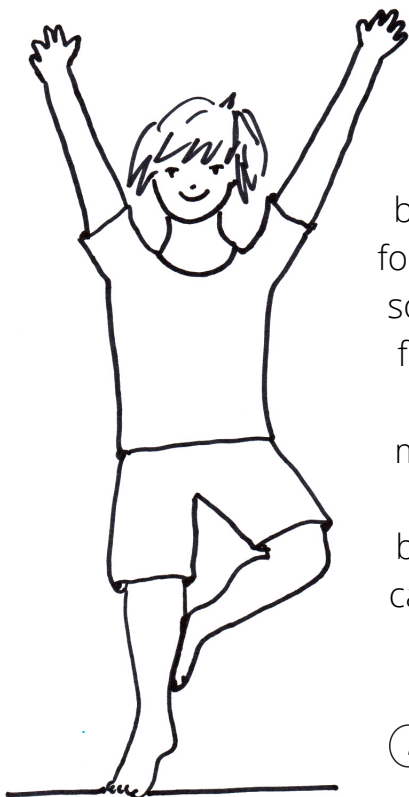
Close your eyes and say this mantra out loud three times.

# Seated Calm Pose



When I sit calm and quiet, I give myself a moment to gather my thoughts. After I take a few breaths, I feel good.

# Tree Pose



This pose helps me balance and focus. Stare at something in front of you that is not moving. See how many breaths you can hold this for!



# Warrior 2



This pose builds strength in my legs! See how long you can hold it for.