

Yoga Is FUN



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INTRODUCING CHILDREN TO YOGA AT AN EARLY AGE CAN HELP THEM LEARN HEALTHY LIFESTYLE HABITS AND SET THE FOUNDATION FOR A GOOD FUTURE.

1. The A B C of life is always be careful / avoid bad company.
2. Be good, See good, do good
3. Love all, serve all
4. Help ever hurt never
5. The five D's are duty, devotion, discipline, discrimination and determination.
6. Time waste is life waste.
7. Service to mankind is service to God
8. God is Love
9. Start the Day with Love. Fill the Day with Love. End the Day with Love. That is the way to God.

BHAGAWAN SRI SATHYA SAI BABA

Yoga Is Fun

1. Lotus

2. Bridge

3. Dog

4. Cat & Cow

5. Tree

6. Locust

7. Cobra

8. Fish

9. Lion

10. Camel

11. Humming Bee

12. Sleeping Sheep

13. Alligator

14. Butterfly



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Yoga is Fun

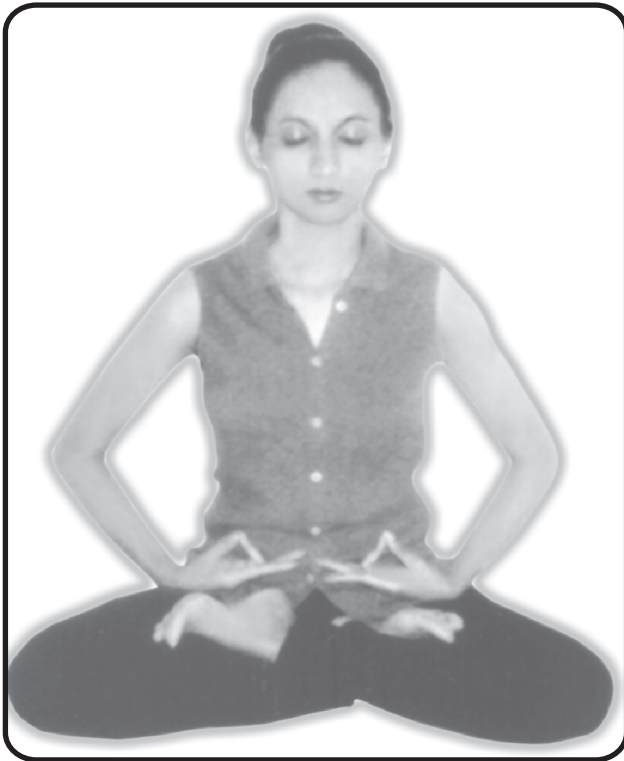
Before you begin yoga exercises:

1. *Wait for awhile after a meal before doing yoga.*
2. *Wear loose comfortable clothes.*
3. *Take off your shoes and socks.*
4. *If you have long hair, tie it back.*
5. *Have a mat to exercise on.*
6. *Be ready to stretch and then relax your body.*
7. *Try your best and remember to concentrate.*
8. *Don't worry if you cannot do all of the exercises.*
9. *Remember to breathe in and out as you exercise.*
10. *Enjoy your yoga time.*

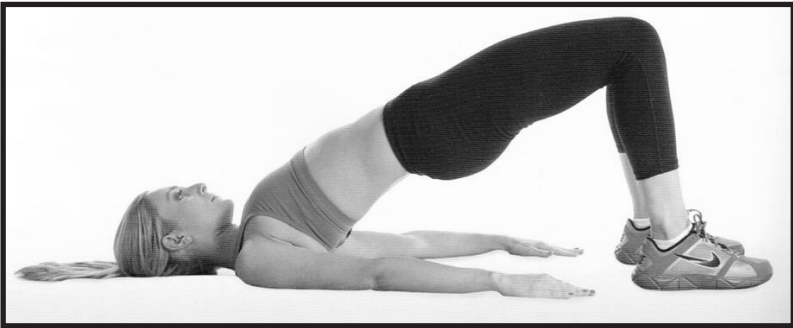
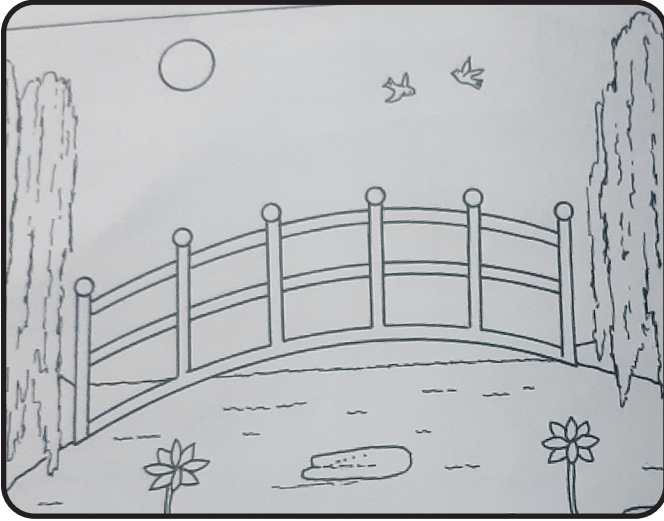
when you have finished doing yoga exercises:

1. *Lie down and rest for awhile.*
2. *Drink a Cup of water.*
3. *Feel how strong your body is now.*
4. *Feel how clear your mind is now.*
5. *Feel how peaceful your heart is now.*
6. *Smile and be happy.*

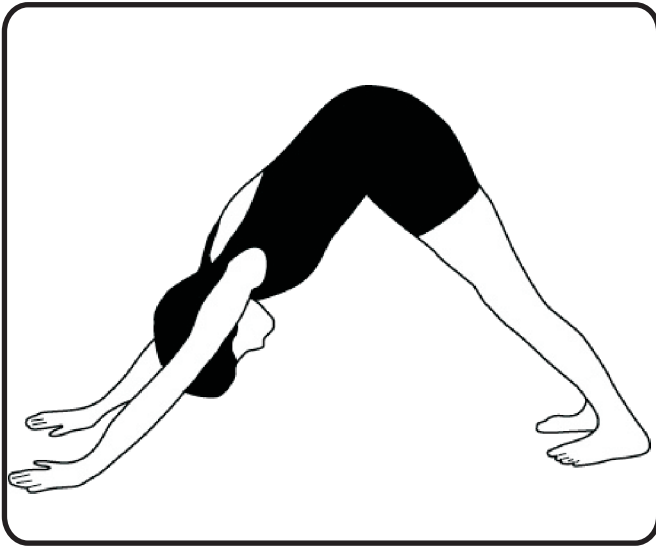
1. Lotus



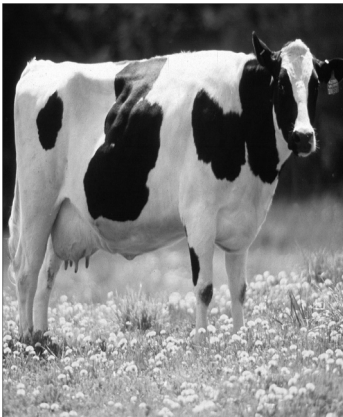
2. Bridge



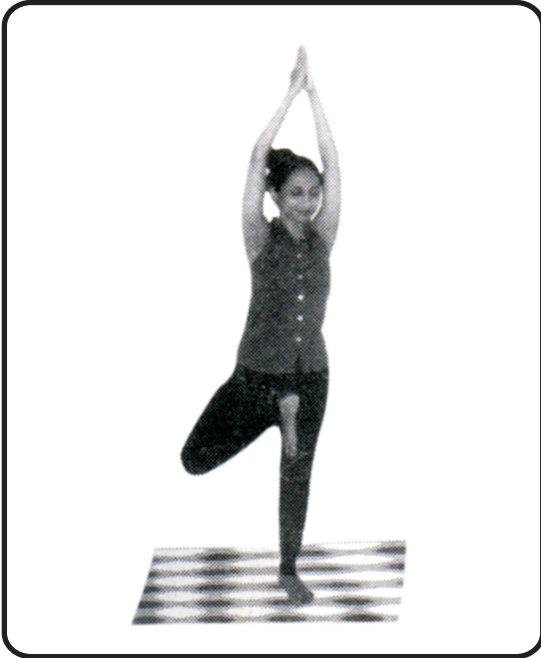
3. Dog



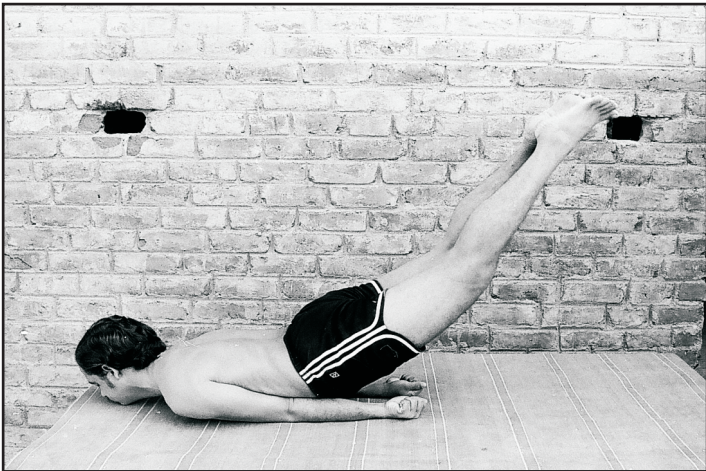
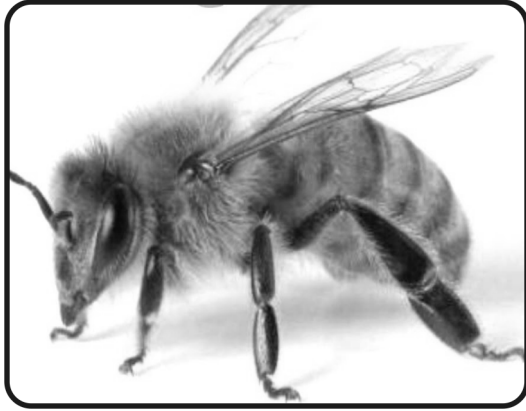
4. Cat & Cow



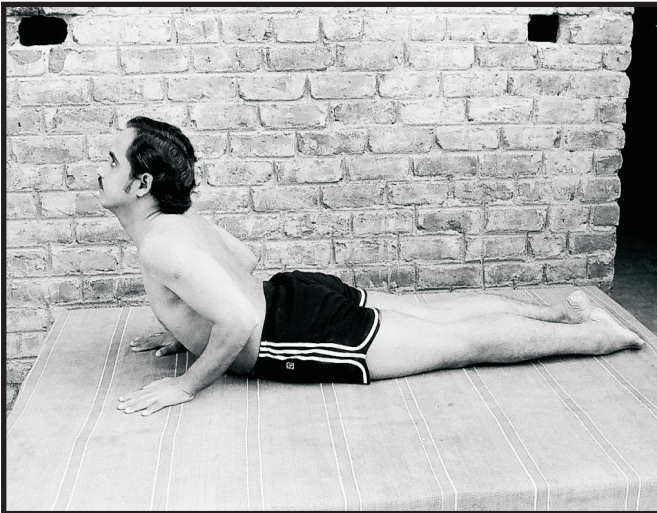
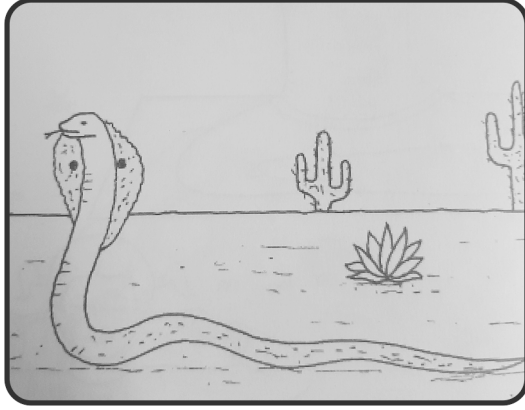
5. Tree



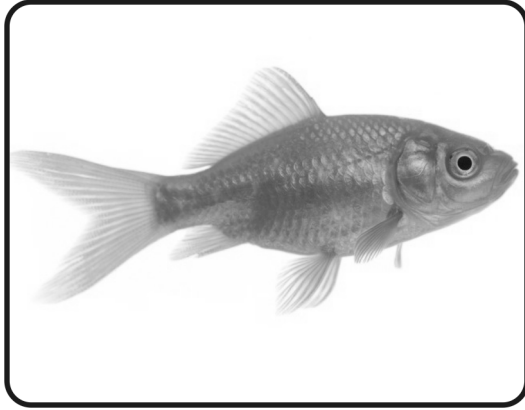
6. Locust



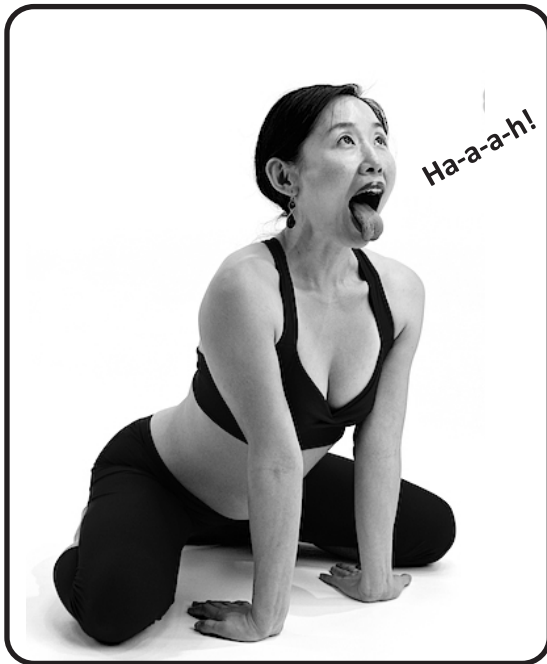
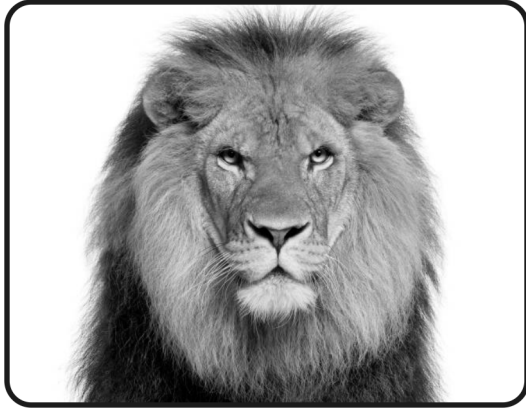
7. Cobra



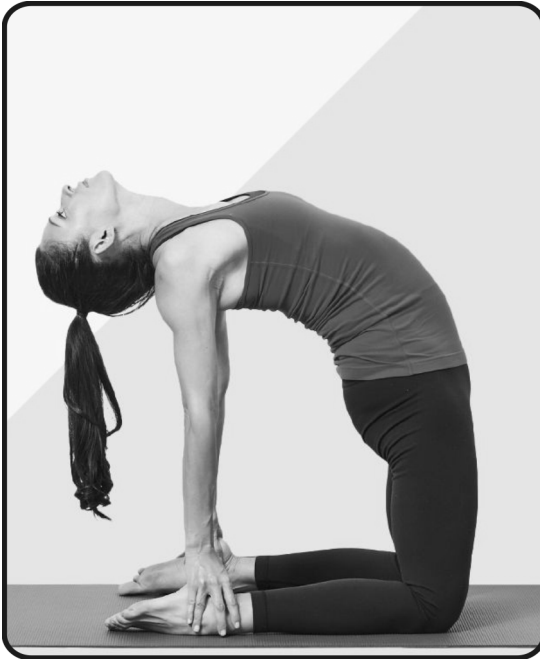
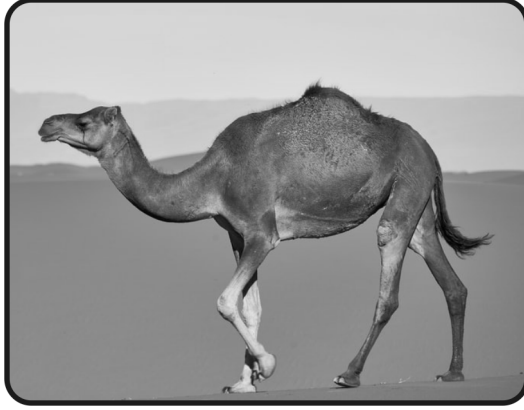
8. Fish



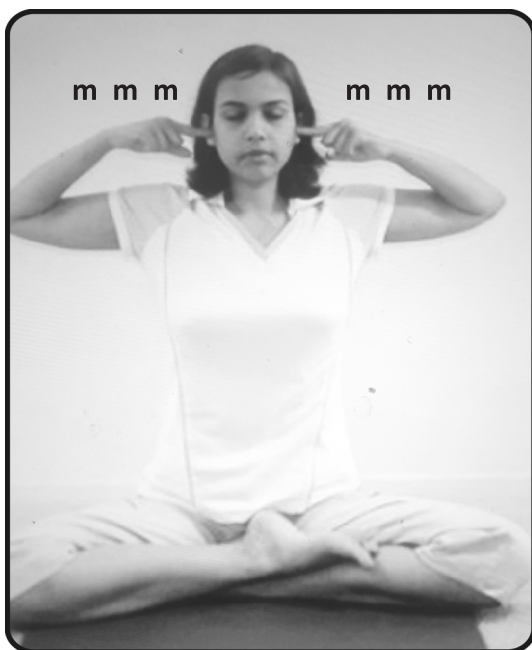
9. Lion



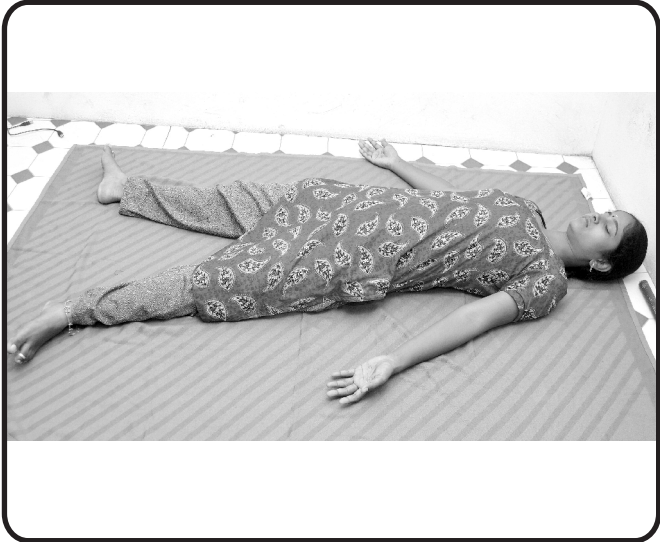
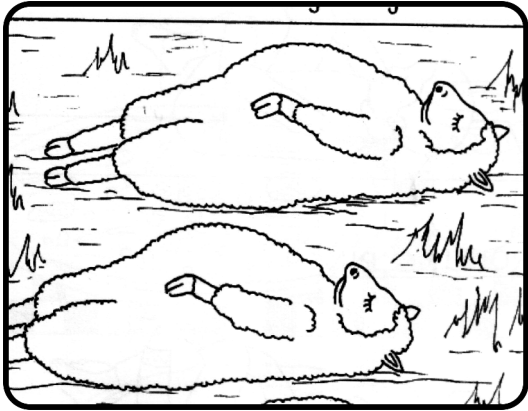
10. 🐪 Camel



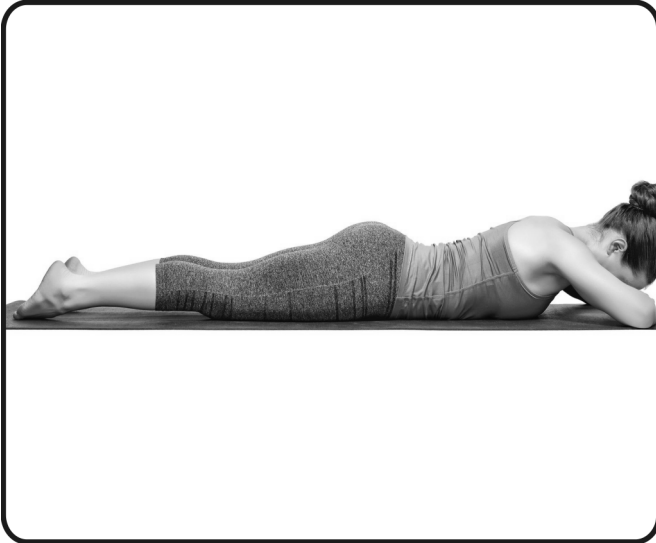
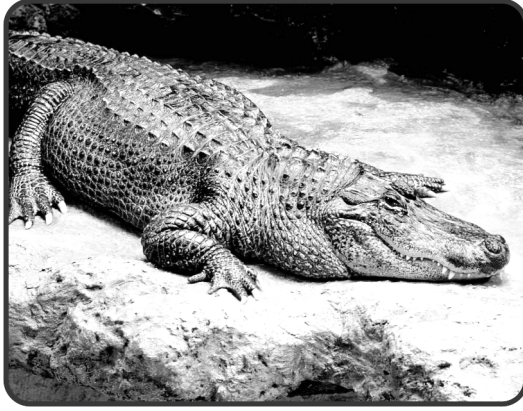
11. Humming Bee



12. Sleeping Sheep



13. Alligator

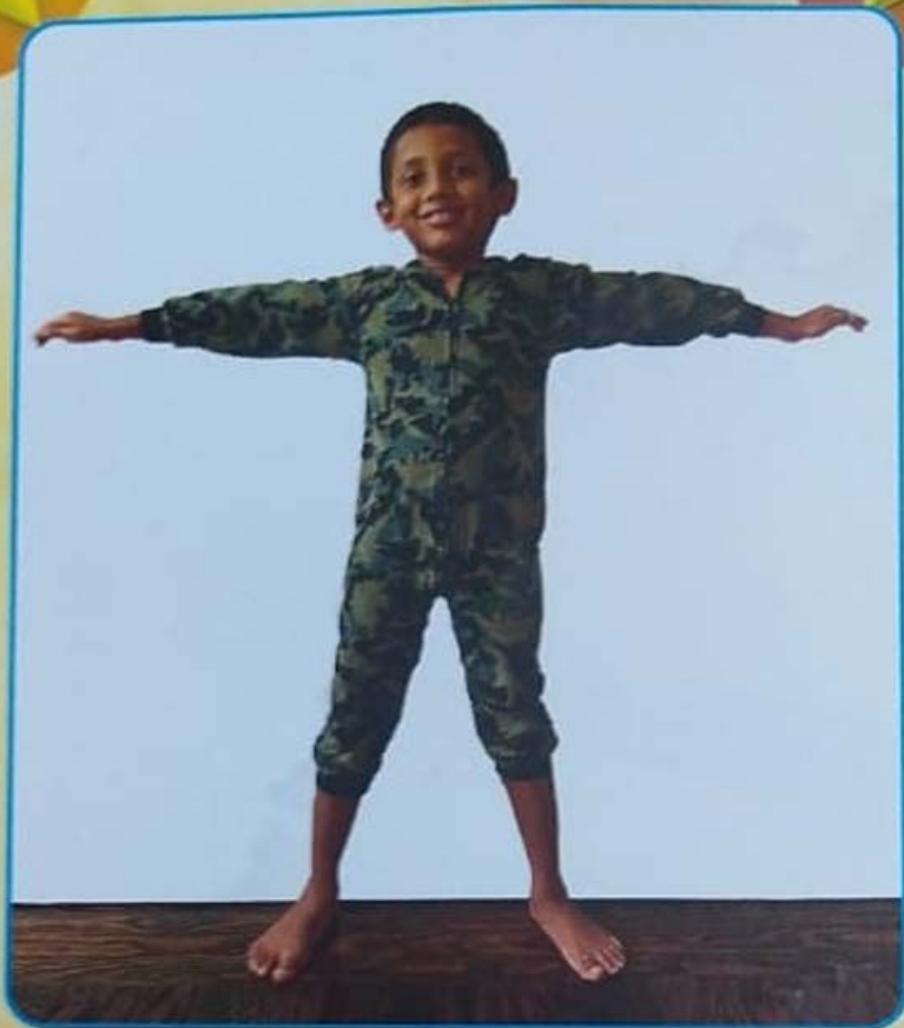


14. Butterfly



★ STAR ★

Shining, shining all through the night,
Are the twinkling stars.
People live down upon the earth,
Stars live up in the sky so far.



Star Pose by Dhruv Sriram Grandson of the Author

Stand up straight and tall,
With both legs wide apart,
Now stretch your arms out like a star,
And let love shine out from your heart.

FOR- Good Posture.
Straight arms.

Strong Legs.
Straight spine.



**OUTDOOR ACTIVITIES
ENABLE KIDS
TO LIVE IN TUNE
WITH NATURE**

