

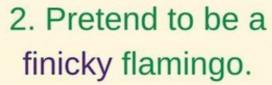
Yoga

- Hold each pose while breathing deeply and counting to 10 slowly.
 - החזק כל תנוחה תוך כדי נשימה עמוקה וספור עד 10.
- Repeat each pose on both sides
- חזור על כל תנוחה משני הצדדים.

FEELINGS YOGA

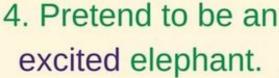


Pretend to be a grateful giraffe.





Pretend to be a caring koala.







Pretend to be a frustrated frog.

KIDS YOGA STORIES