Gyan mudra ant fox Warrior I & II @ nose + **Poses** Cat Pose clouds mushroom **Extended Blowing** cotton balls Child's Pose rain sun Rainstick + Sun breath tickles / pats & stretch butterfly rainbow Standing Butterfly Side Stretch tree mouse Child's Pose Tree Pose sparrow flower Bird - arms Flower stretched Pose grow bigger rabbit Grow Bunny * squat

Song: https://www.youtube.com/watch?v=PGDVsiB8khU
OMazing Kids: https://www.facebook.com/OMazingKidsYoga

Breaths



*mountain

standing star