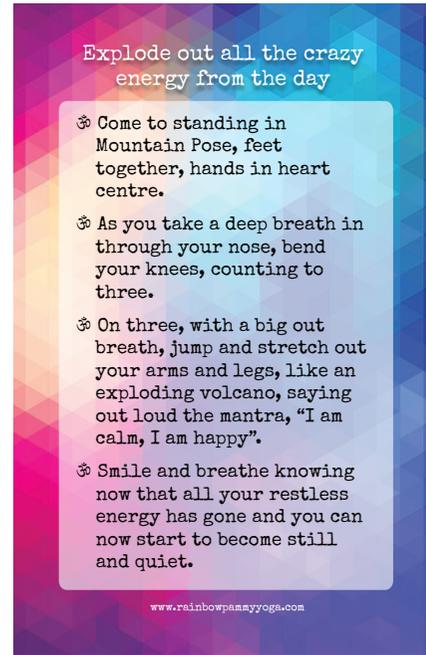
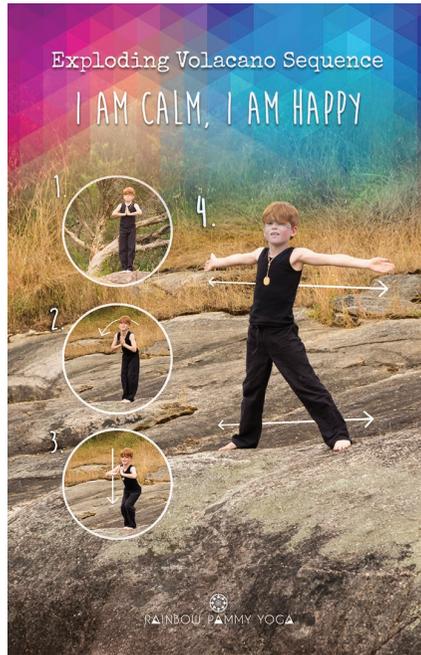


4 YOGA POSES FOR SLEEP TIME

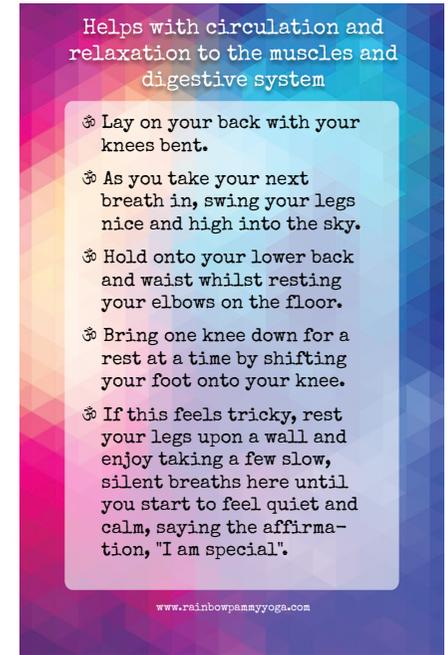
SHARE YOUR POSES WITH US! @rainbowpammyyoga #kidsyogatribe

Let's begin! Firstly, create a safe, sacred space free from distraction and then start to connect together by breathing in and breathing out slowly. Encourage eye contact with your child and guide them through the movement of each pose with a calm voice. We hope you enjoy, Namaste.

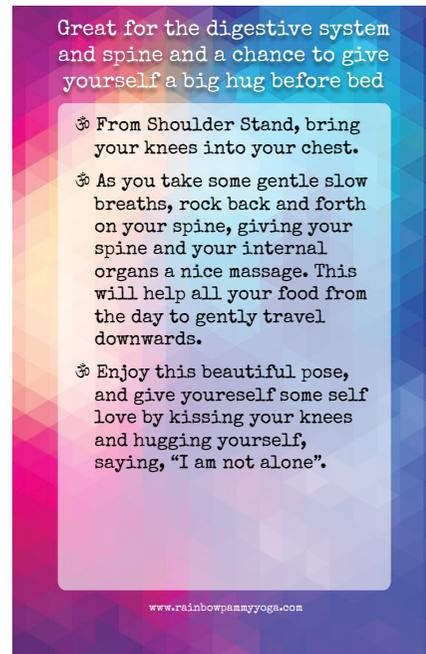
1.



2.



3.



4.

