



# the ABCs of YOGA for KiDS



**A** Airplane



**B** Butterfly



**C** Cobra



**D** Dog



**E** Easy Pose



**F** Frog



**G** Grasshopper



**H** Happy Baby



**I** Inhale



**J** Jack-in-the-Box



**K** Kite



**L** Lion



**M** Mouse



**N** New Pose



**O** Otter



**P** Peacock



**Q** Queen



**R** Rag Doll



**S** Swan



**T** Triangle



**U** Unicorn



**V** Volcano



**W** Waterfall



**X** **Y**



**Z** Zero