



Tree Tots Animal Yoga

At Tree Tots the children enjoy joining in with
yoga sessions

Yoga has been proven to have fantastic health
benefits!

Yoga in the Early Years can;

- Improve flexibility & strength
- Yoga helps children with posture and spine health
 - Gain body awareness
 - Supports child's brain development
 - Refine balance & coordination
- Essential for physical development
 - Introduce Mindfulness
- Help children to calm and regulate emotions themselves.
- Yoga helps children manage their anxiety
 - Yoga boosts children's self-esteem
- Yoga enhances children's concentration and memory

FARM ANIMALS' YOGA



I am a hen

SQUAT POSE



I am a horse

THREE-LEGGED DOG POSE



I am a sheep

CAT POSE



I am a cow

COW POSE



I am a pig

HAPPY BABY POSE