

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

© Kids Yoga Stories

LOVE YOGA



I am positive.
EXTENDED SIDE ANGLE



I am graceful.
DANCER'S POSE



I am confident.
COBRA POSE



I am proud.
PIGEON POSE



I appreciate myself.
BRIDGE POSE

© Kids Yoga Stories

LOVE Yoga PRINTABLE POSTER