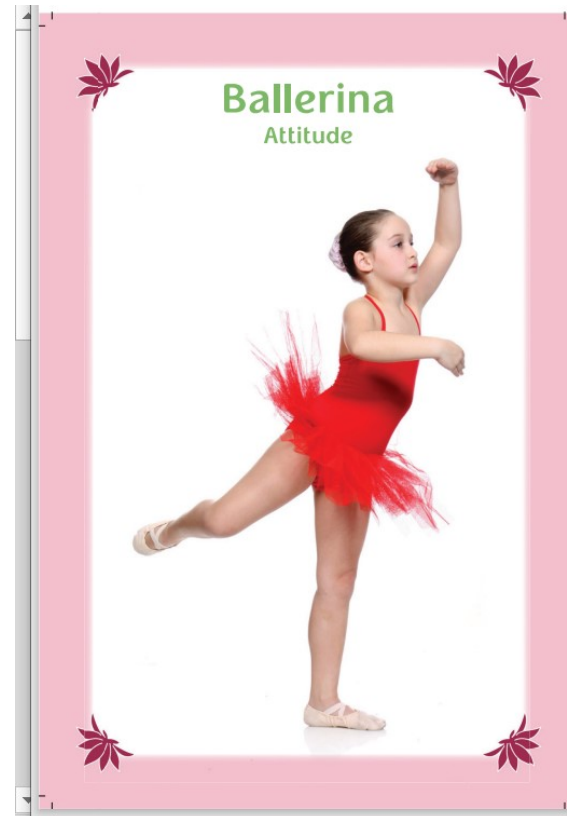


Yoga 4 kids Present:



while doing the most natural thing a child can do
PLAYING

Movement = Health

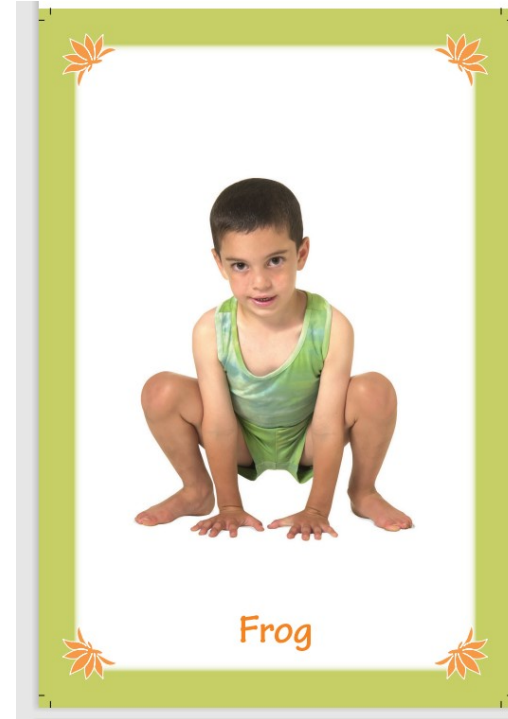
Relaxing= Wellbeing

Quality time in the family,

Creative Thinking & Meaningful Learning

inspire children

- 40 cards, 20 pairs.
- Each movement has 2 cards:



photographed child posing
a movement



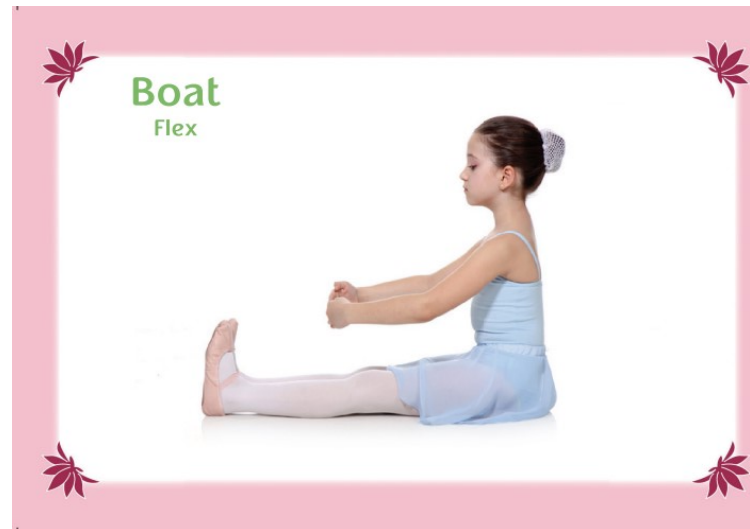
drawing of an object
from nature

inspire children



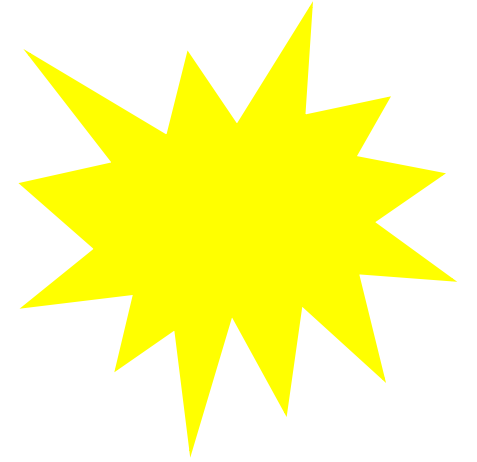
“If he can do it - I can do it too”

this feeling doesn't happen when an adult demonstrates a movement



Free your mind

Understand from within



The illustration



separate from the photography allows

feel and understand from within

1. Where the movement comes from
2. **Feelings and emotions enhance the experience**
3. **Create new pose from inside**

Higher-Order Thinking is a valuable skill

We believe that the future is through Creative Thinking which can take a child anywhere with imagination.

PLAYING.

We invites children to
explore and enjoy the world of
movement
through Yoga and Ballet,
while doing the most natural thing
a child can do

PLAYING

Movement or thinking?

What is more important for child's development?

You don't have to choose

You can have both!

All the Family | Quality time



Games & Activities

Yoga Freeze and Move

Yoga Memory Game

Yoga Researchers

Yoga Flow

Yoga Story Tellers

Yoga Says

Yoga Sculpture

Yoga Obstacle Course

Mirror Yoga

Yoga Freeze and Move

Yoga Memory Game

Yoga Researchers

Yoga Flow

Yoga Story Tellers

Yoga Says

Yoga Sculpture

Yoga Obstacle Course

Mirror Yoga

Yoga Freeze And Move – NO 1

Suitable for age: 3+

How many players: 1+

What will you gain:

This game will help you practice how to transition **from a fast to a slow movement and from staying still back to a fast movement.**



Yoga Memory Game

Yoga Freeze and Move

Yoga Memory Game

Yoga Researchers

Yoga Flow

Yoga Story Tellers

Yoga Says

Yoga Sculpture

Yoga Obstacle Course

Mirror Yoga



Suitable for age: 5+

How many players: 2+

What will you gain:

This game will help you stretch your **memory** muscle and work on having better **concentration**.

How to play:

Choose a friend or two, place the cards facing down and play. The aim is to find a matching

The Researchers

Suitable for age: 5+

How many players: 2+

What will you gain:

The game encourages **thinking**, **reasoning** and **investigating**.

How to play:

Mix up the cards and place them in a pile.

Each child at his turn chooses a card and acts it out to his friends by creating the pose and by giving clues about the movement or illustration on the card.



Yoga Freeze and Move

Yoga Memory Game

Yoga Researchers

Yoga Flow

Yoga Story Tellers

Yoga Says

Yoga Sculpture

Yoga Obstacle Course

Mirror Yoga

The **Big RALEIGH** Obstacle Course

Suitable for age: 3+

How many players: 1+

What will you gain:

This game will help you practice different forms of movements while going through the obstacle course, it's a great exercising practice and a creative way to practice Yoga & Ballet Poses

How to Play:

Create an obstacle course across a large room using cushions, rope, chairs or anything else available at home or in the surroundings you are in, you could do this outdoors as well using nature or props around you.

