

Yoga for You

**My Yoga Rocks Kids Journal - My personal yoga journal of poses, games, feelings & dreams (72**

**pages)** [http://www.lulu.com/items/volume\\_71/11586000/11586961/1/print/721088\\_721088.pdf](http://www.lulu.com/items/volume_71/11586000/11586961/1/print/721088_721088.pdf) No photos but cool journaling ideas. [www.yogarocks.us](http://www.yogarocks.us)

**Ocean Yoga So Big**

**Yoga** [http://www.lulu.com/items/volume\\_71/11596000/11596115/1/print/331417\\_331417.pdf](http://www.lulu.com/items/volume_71/11596000/11596115/1/print/331417_331417.pdf) Photo of each pose, Rhymes and Songs, Activities, Curriculum Instructions

**Baby**

**Yoga** [http://www.lulu.com/items/volume\\_71/11648000/11648488/1/print/841714\\_841714.pdf](http://www.lulu.com/items/volume_71/11648000/11648488/1/print/841714_841714.pdf) Photo of each pose (demo on doll), Rhymes and Songs

**Kids Yoga (49**

**pages)** [http://www.lulu.com/items/volume\\_71/11628000/11628789/1/print/916790\\_916790.pdf](http://www.lulu.com/items/volume_71/11628000/11628789/1/print/916790_916790.pdf) Clip art or photo each pose, Breathing, Meditation, Relaxation, Yoga Theme Ideas, Games, Teaching Tips

**Animal Yoga**

**Sign** [http://www.lulu.com/items/volume\\_71/11646000/11646659/1/print/345009\\_345009.pdf](http://www.lulu.com/items/volume_71/11646000/11646659/1/print/345009_345009.pdf) Photo of each pose, photo and description of how to say each animal name in sign language, sign language benefits and tips, Rhymes and Songs, Breath Awareness Exercises, an example of an Animal Yoga Story, Activities

**Fun With Animals So Big**

**Yoga** [http://www.lulu.com/items/volume\\_71/11646000/11646475/1/print/275208\\_275208.pdf](http://www.lulu.com/items/volume_71/11646000/11646475/1/print/275208_275208.pdf) Photo of each pose, Rhymes and Songs, Activities, Curriculum Instructions

**Baby & So Big Yoga Sign Teacher Manual (67**

**pages)** [http://www.lulu.com/items/volume\\_71/11643000/11643382/1/print/930684\\_930684.pdf](http://www.lulu.com/items/volume_71/11643000/11643382/1/print/930684_930684.pdf) Photo of each pose, photo and description of how to say each animal name in sign language, sign language benefits and tips, Rhymes and Songs, Class Tips, etc...

**Baby Pilates Baby**

**Yoga** [http://www.lulu.com/items/volume\\_71/11643000/11643368/1/print/275836\\_275836.pdf](http://www.lulu.com/items/volume_71/11643000/11643368/1/print/275836_275836.pdf) Photo of each pose (demo on doll)

**Splish Splash Yoga**

**Sign** [http://www.lulu.com/items/volume\\_71/11632000/11632650/1/print/94557](http://www.lulu.com/items/volume_71/11632000/11632650/1/print/94557)

3\_945573.pdf Photo of each pose, photo and description of how to say each item sign language, Rubber Ducky Song lyrics

### **Baby Yoga Instructor**

**Certification** [http://www.lulu.com/items/volume\\_71/11627000/11627596/1/print/256612\\_256612.pdf](http://www.lulu.com/items/volume_71/11627000/11627596/1/print/256612_256612.pdf) Photo of each pose (demo on doll) & class tips

### **Babies on the Go Baby Yoga (for crawling & walking**

**children)** [http://www.lulu.com/items/volume\\_71/11549000/11549943/1/print/282639\\_282639.pdf](http://www.lulu.com/items/volume_71/11549000/11549943/1/print/282639_282639.pdf) Photo of each pose or photo of doll demo & a few tips

### **Mom & Baby Mat Exercise Curriculum Manual** Includes some

yoga [http://www.lulu.com/items/volume\\_71/11669000/11669879/1/print/259369\\_259369.pdf](http://www.lulu.com/items/volume_71/11669000/11669879/1/print/259369_259369.pdf)

List compiled by OMazing Kids Yoga, LLC

Facebook: <http://www.facebook.com/OMazingKidsYoga>

YouTube: <http://www.youtube.com/user/amooraad1> Blog: <http://omazingkidsyoga.wordpress.com>

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