

*Christmas Yoga*

*Running Gingerbread man*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Elf pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Reindeer pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Sleigh pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Christmas Bell pose*



*Pyramid Kids Yoga*

*Christmas Yoga*


*Pinecone pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Chimney pose*



*Pyramid Kids Yoga*

*Christmas Yoga*


*Santa Claus pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Teddy Bear pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Christmas tree pose*



*Pyramid Kids Yoga*

*Christmas Yoga*

*Homework*

Let's make your original poses!

- Christmas Stocking 
- Christmas Wreath 
- Candy cane 
- Snowman

*Pyramid Kids Yoga*



★Check the instructions of Christmas Yoga poses and lesson ideas on our website!

<https://www.pyramid-kids-yoga.com/christmas>

★'Christmas Mindfulness Coloring' FREE download available

<https://www.pyramid-kids-yoga.com/christmas-coloring>

★ We published our kids yoga books! Available at Amazon worldwide!

'Sora and Ryan's Yoga Adventure in Japan'

<https://www.pyramid-kids-yoga.com/japan>

'Sora and Ryan's Yoga Adventure in Singapore'

<https://www.pyramid-kids-yoga.com/kidsyoga-book1>

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