



Fun Yoga



A yoga program for ages 0 to 5

Move • Breathe • Feel Good



Welcome to our yoga program!

Our yoga workshops are specially designed for children ages 3 to 5. Through playful movements, stories, music and their imagination, children discover yoga in a fun and stimulating way.



Yoga through play!

Children discover yoga through fun poses, breathing exercises and relaxation games. It is a wonderful way to get moving, strengthen their bodies and discover a moment of calm.



Benefits for body and mind

Yoga supports children's overall development — body, brain and emotions. Through movement, breathing and relaxation, children learn to concentrate, better recognize and manage their emotions, and build confidence.

Benefits for ages 0 to 5

- **Motor skills:** Builds coordination, balance, flexibility and body awareness.
- **Emotional well-being:** Helps children express their emotions, regain calm and develop confidence.
- **Social skills:** Encourages listening, cooperation, respect and positive interactions.
- **Concentration:** Supports attention and helps prepare children for future learning.
- **Healthy habits:** Encourages a love of movement and a positive relationship with well-being from an early age.

Yoga Positions

Some poses and concepts



Tree Pose
L'arbre



Mountain Pose
La montagne



Cobra Pose
Le cobra



Downward Dog
Le chien tête en bas



Butterfly Pose
Le papillon



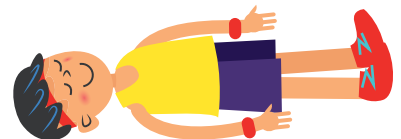
Warrior Pose
Le guerrier



Child's Pose
La posture de l'enfant



Breathe
Respirer



Relax
Relaxation

Small movements. Big benefits!