Yoga Poses for Kids
Demonstrated by Grace from *The Day I Ran Away*

- Cow pose
- Cat pose
- Star pose
- Kite pose
- Easy sitting pose - Sukhasana
- Child pose - Balasana
- Upward facing dog or Cobra pose
- Downward facing dog pose
- Sleeping pose - Savasana

Images from *The Day I Ran Away*, written by Holly L. Niner, illustrated by Isabella Ongaro, ISBN 9781936261895