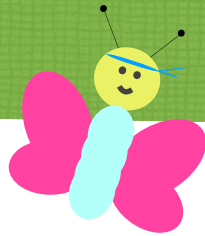


Kids Garden Yoga



Helping Ninjas™

●
Hi I'm Layla, I am a Helping Ninja!

This is my friend Shruti!

Hi I am Shruti & I am a Helping Ninja!

We are going to teach you yoga poses FROM THE GARDEN!

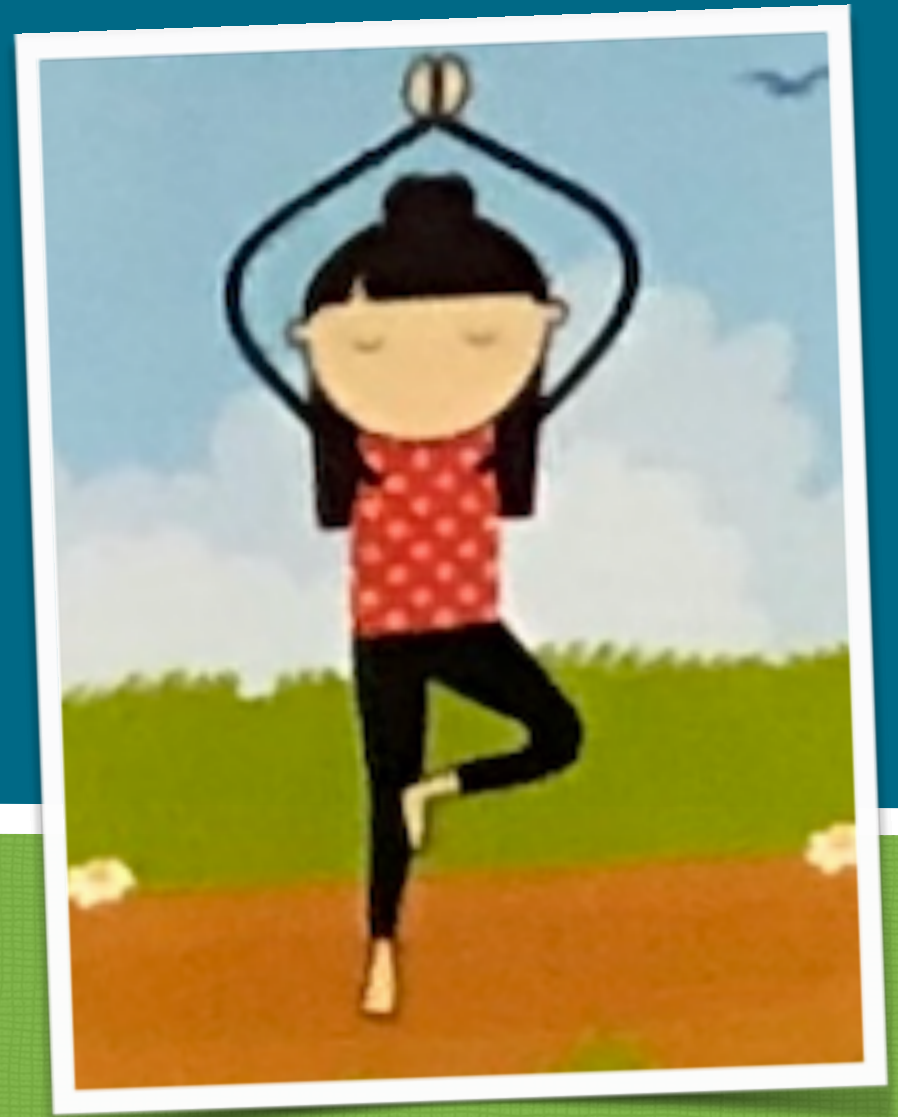
Like real yoga, but garden themed!

We hope that you follow along at home!

Let's get started!

LETS GROW!

Tree



Switch Sides

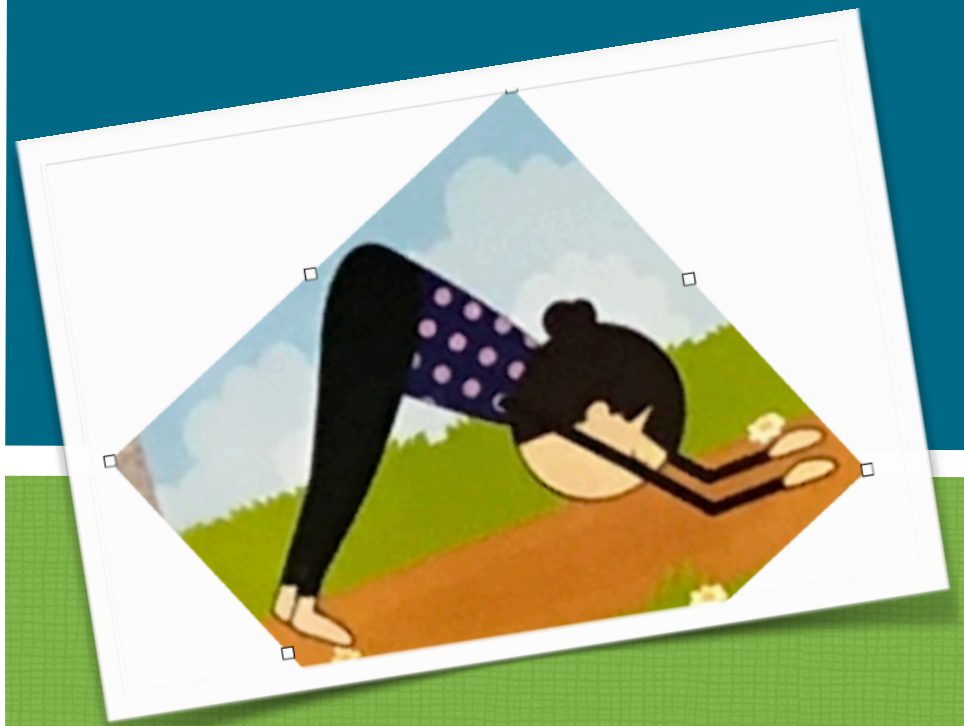
Bee



Switch Sides

Daddy Long Legs

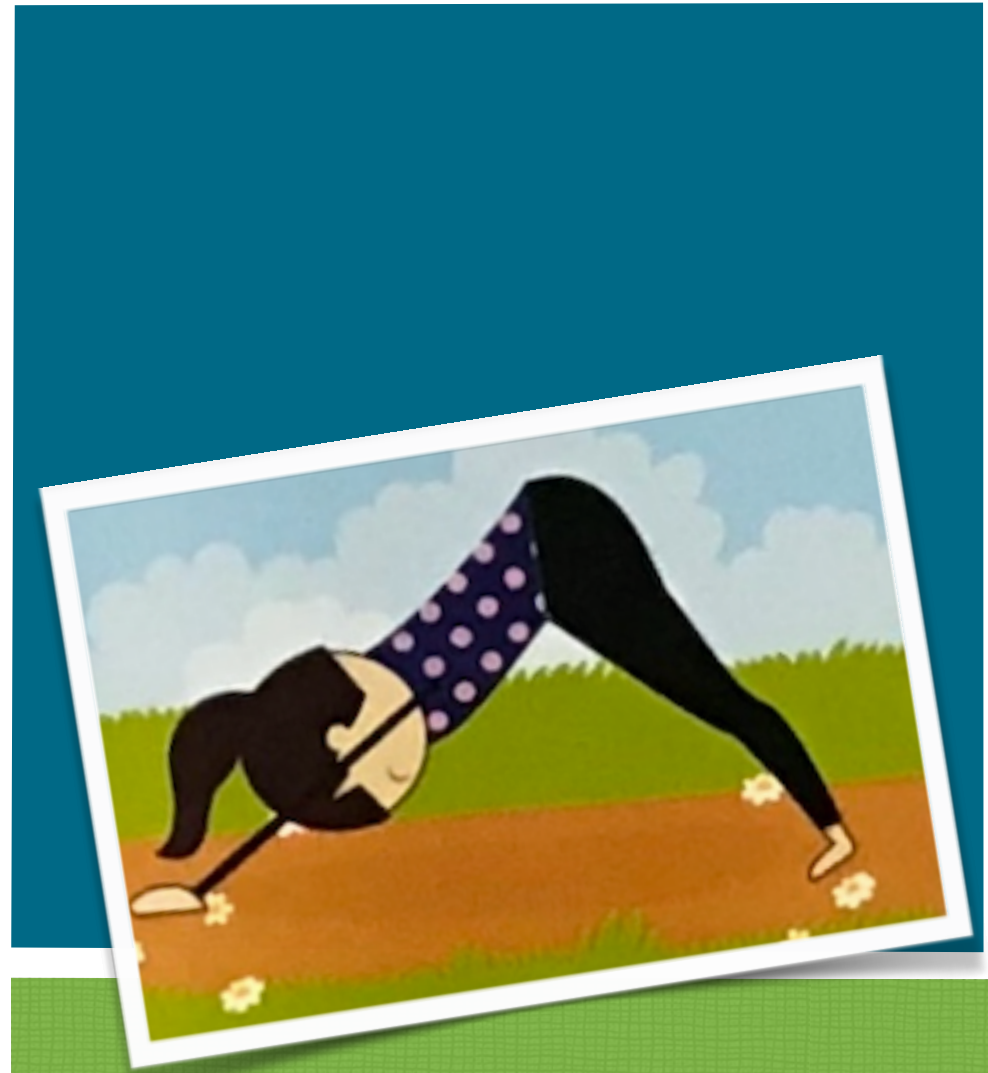
1



Lift Legs

Daddy Long Legs

2



Lift Legs

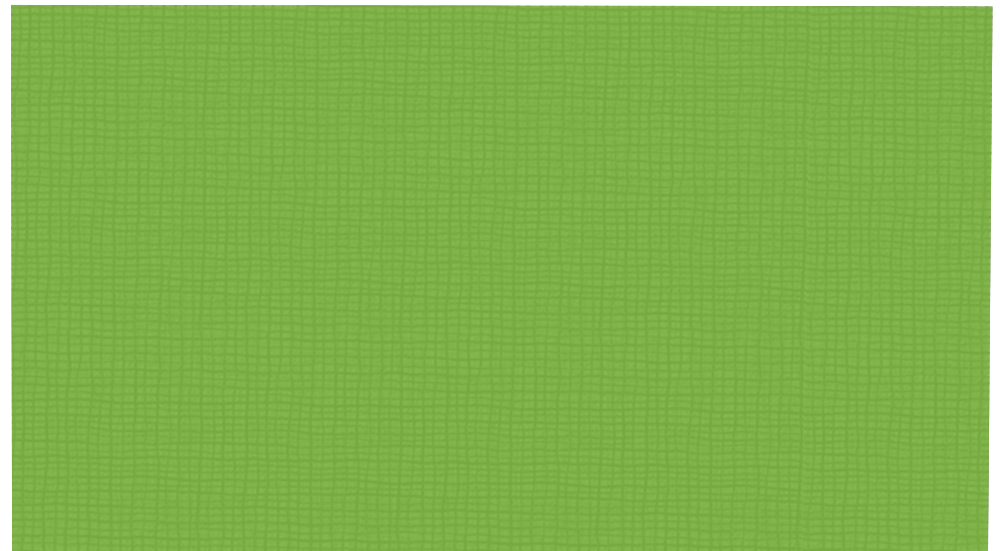
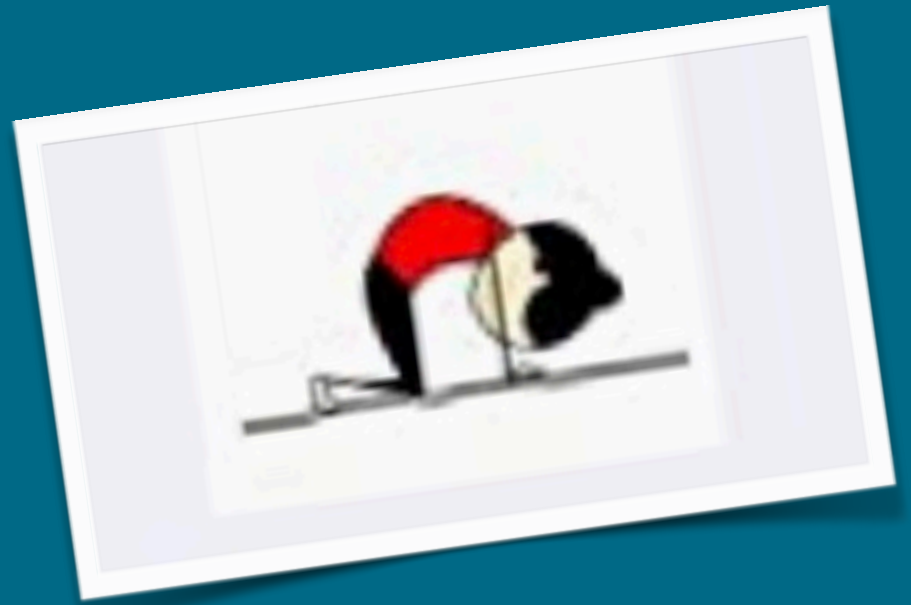
Plow



Snake



Lady Bug



Rolly Poly



Snail



Frog



Butterfly



Make It Grow



Sun

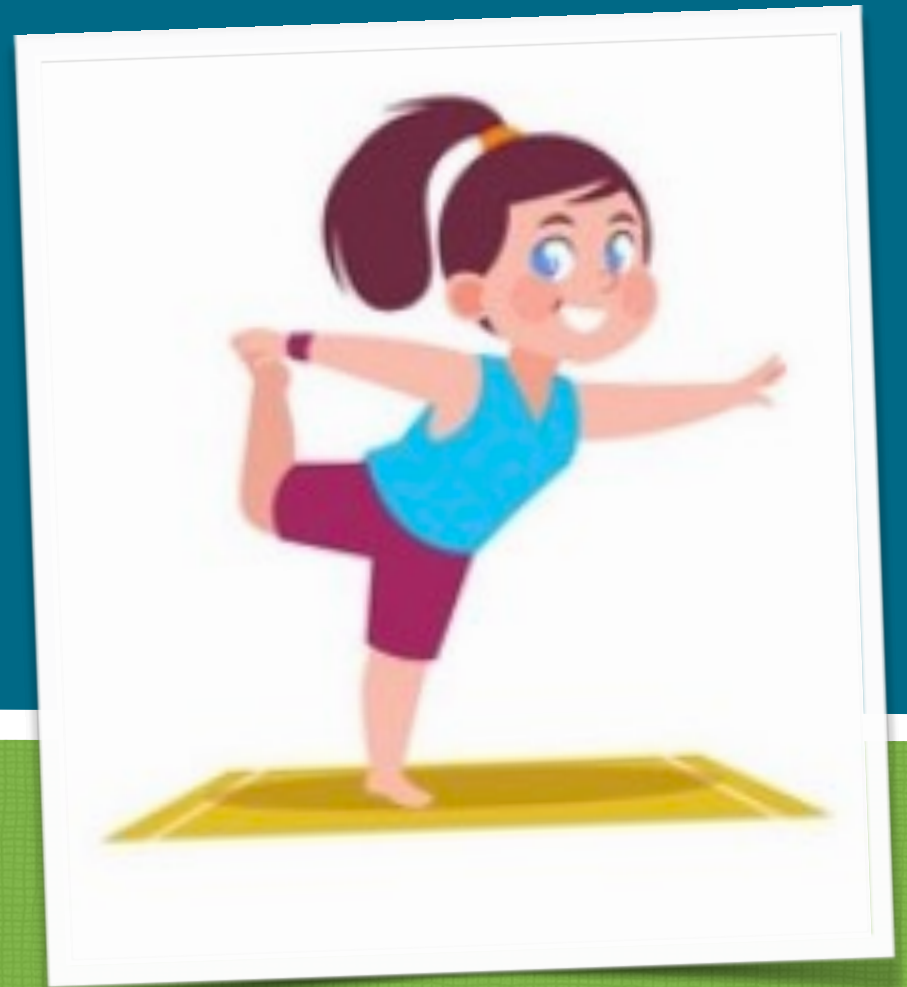


Rain

Watering Can



Flower



Switch Sides

Tomato Vines



Switch Sides

Gardener

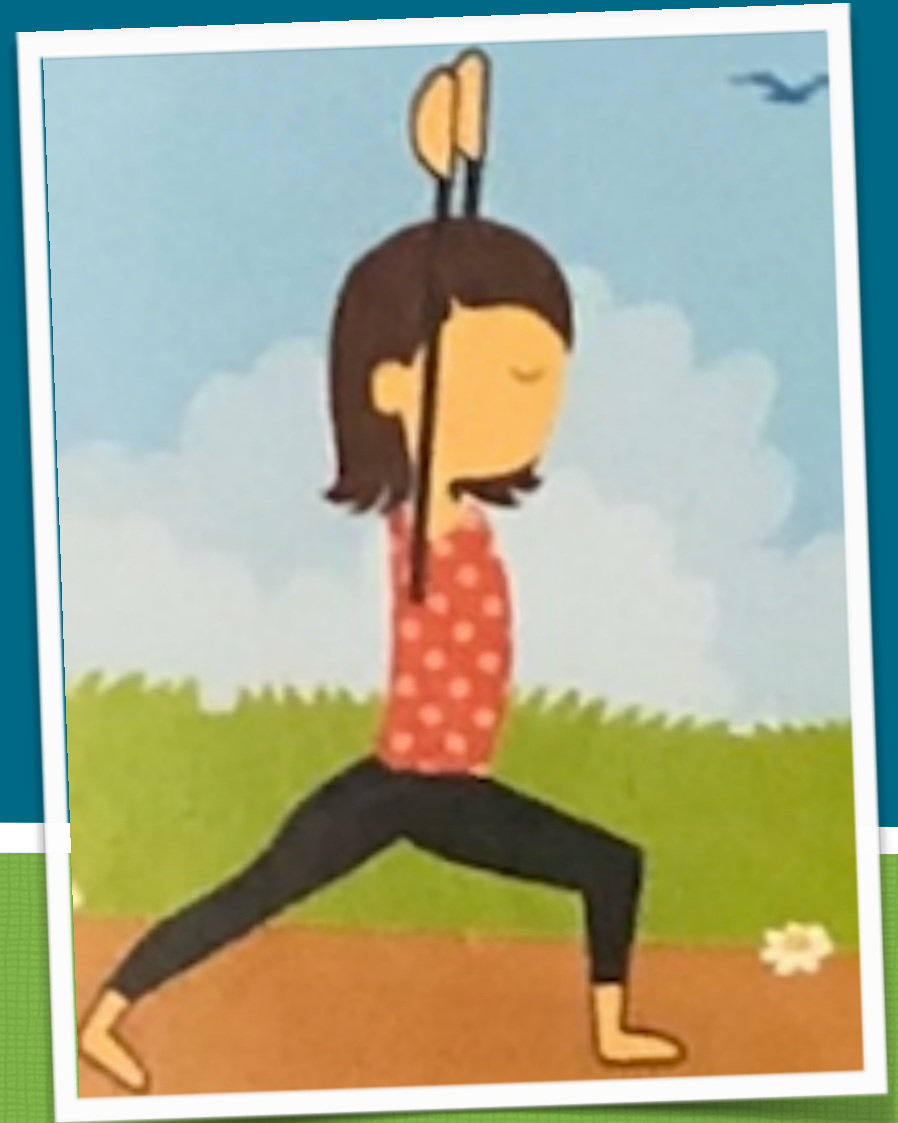
1



Switch Sides

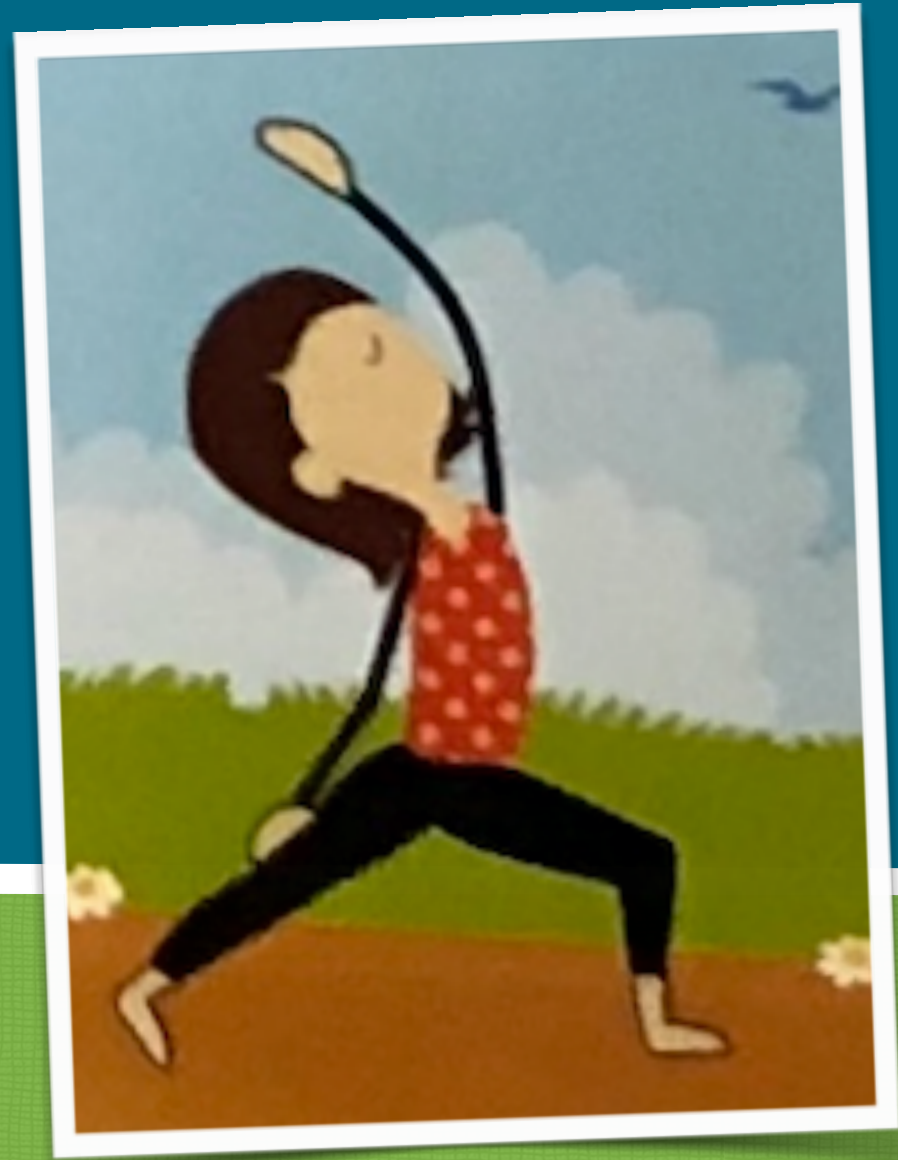
Gardener

2



Switch Sides

Rainbow 1



Switch Sides

Rainbow 2



Switch Sides