

Why Yoga?

TODDLER & CHILD

- Builds confidence and self-esteem
- Helps physical development (muscle strengthening, flexibility, body 'control')
- Develops creativity and imagination
- Helps children sleep and relax
- Helps them focus and concentrate
- Helps them manage stress and aggression
- YOGA IS FUN!

INFANT & PARENT

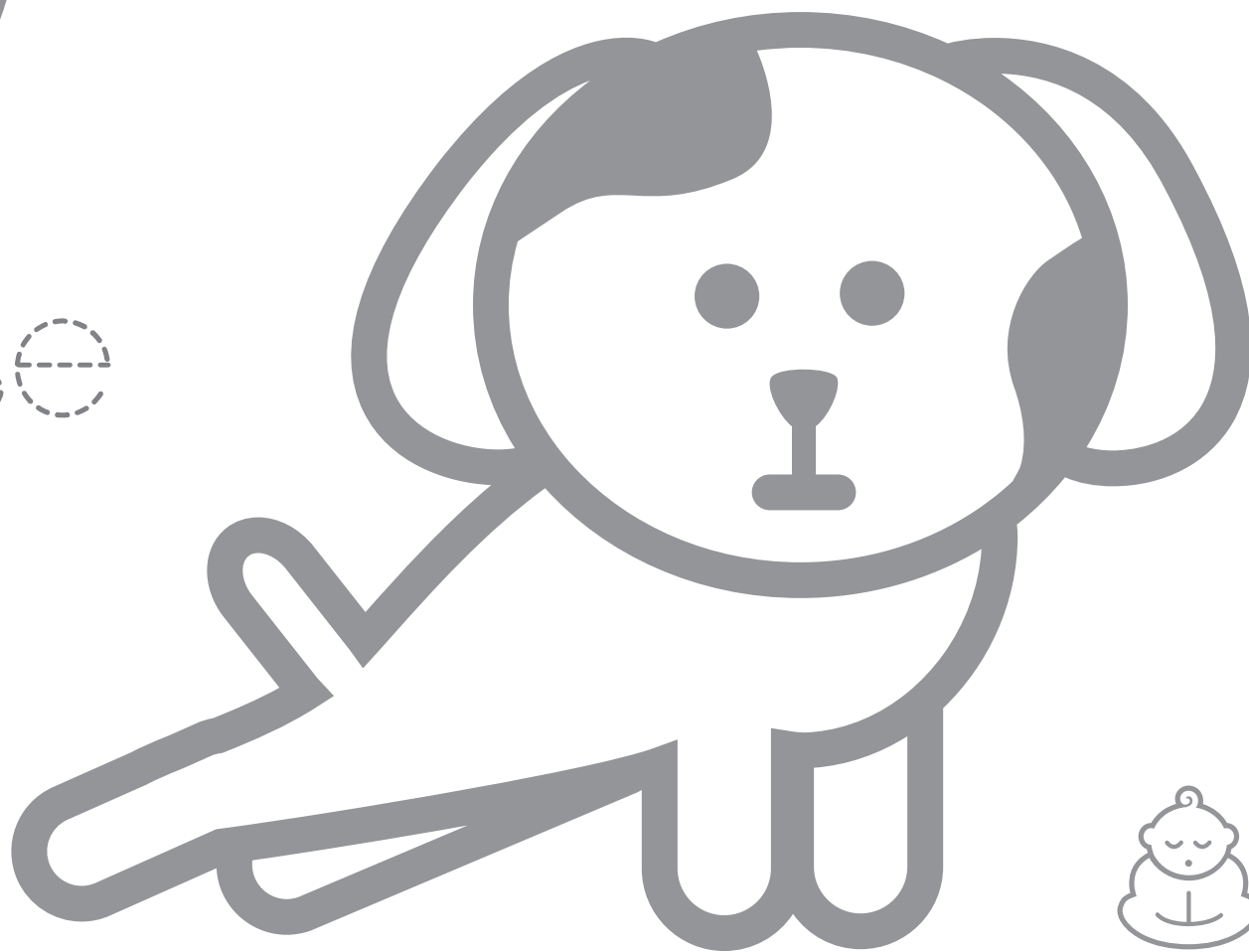
- Helps small babies sleep
- Helps combat colic and infant constipation
- Improves physical and mental well-being of new moms / dads
- Helps form the emotional bond between parent and newborn
- Helps physical development through gentle stretches, massages and "tummy time"



Visit
yogaga.ca
with your
parent to learn
these cool yoga
poses: dog, cat,
cow and frog

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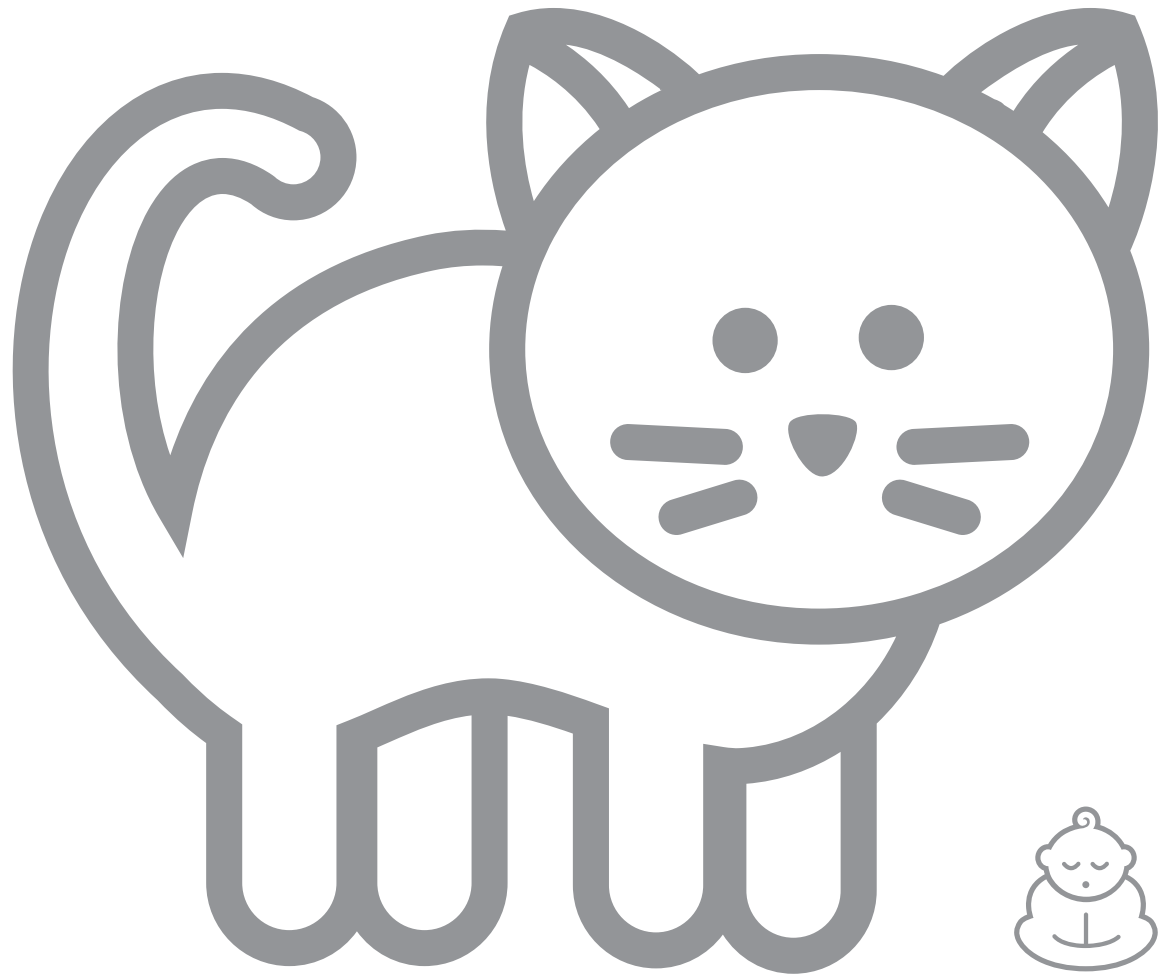
Dog pose



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Cat pose



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