

Yoga With True North (Ages 4-7)

Warm Up: Follow The Leader (Dance Edition)

Equipment: A music making device

Description: Pick some fun tunes and let your child be the leader! As a Parent your job is to follow along as best as you can. Can you keep up?

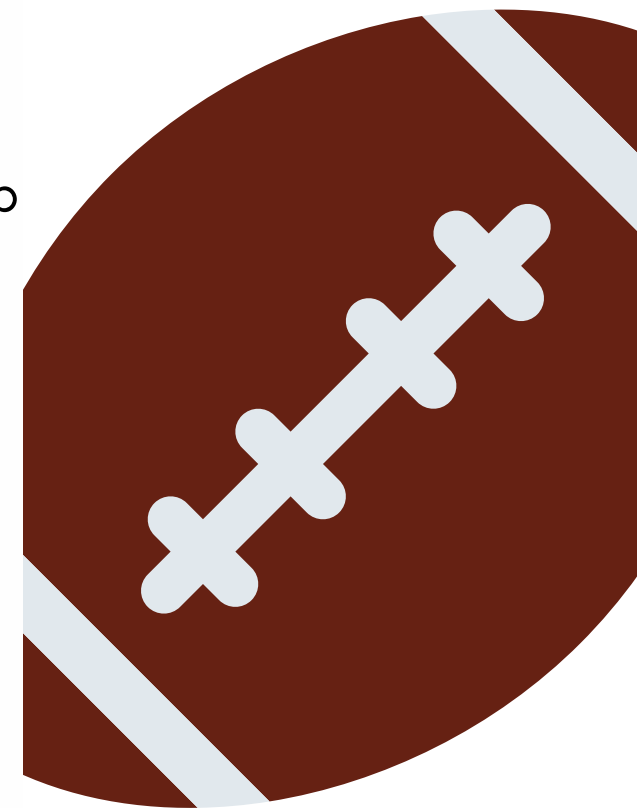
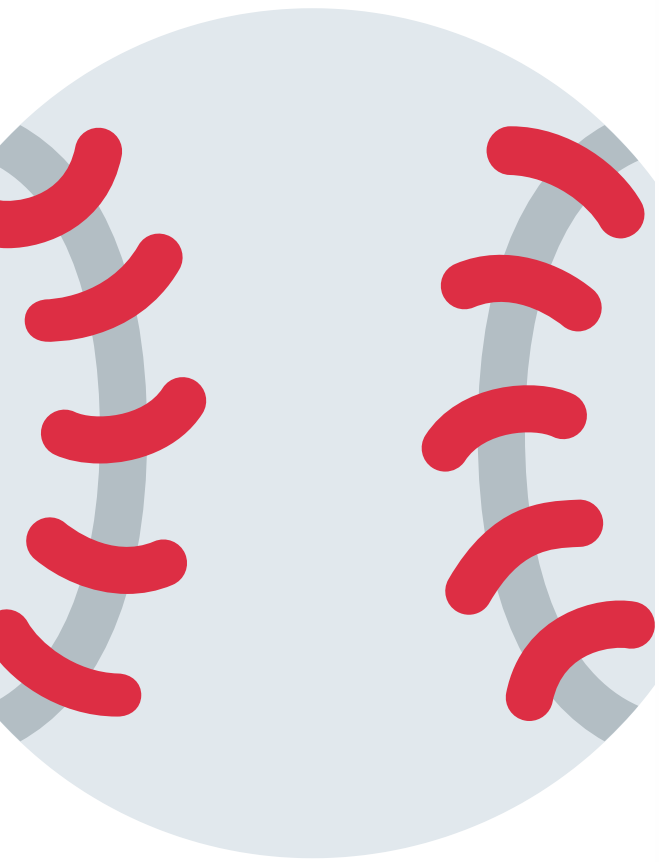
Song Suggestions

Let's get it started by The Black Eyed Peas

Firework by Katy Perry

Timber by Pitbull and Kesha

Need a little inspiration, [click here!](#)



Activity: Cosmic Kids Yoga

Equipment: A TV or computer screen with access to internet

Description: Kids follow the yoga story and go through the movements, the video can be found by clicking [here!](#)

Cool Down: Balance Beam

Equipment: Painter's tape or something that can create a line on the floor or ground

Description: Use painter's tape to make a straight line on the floor. Encourage your child to walk forwards, backwards and sideways down the line. If this is too easy try some of the challenges below:

Challenges:

Skipping

Hopping

Stepping over yogurt containers

Balance a small non-breakable object on your head while walking

Add a semi circle or zigzags to the child's path using painter's tape

