



*Encourage Creativity & Exercise*

THIS CERTIFICATE GOES TO



## *Make Up Your Own Yoga*

Let kids get creative while getting their exercise by having them create & name their own yoga poses. Create a deck of yoga cards with regular yoga poses & their own creations, then draw a few cards & hold the poses for a more creative meditation practice.

At the end of the session present them with a certificate for the hardest or most original pose.