



Kids Yoga Resources

Go Go Yoga for Kids Resources

Books:

[*A Complete Guide to Yoga with Kids*](#)

[*Yoga Lessons for Children*](#)

[*Yoga Games & Activities for Children*](#)

Kids Yoga Poses:

[The Kids Yoga Challenge Pose Cards](#)

[The Kids Yoga Challenge App: **Apple**](#)

[The Kids Yoga Challenge App: **Android**](#)

Yoga Game Downloads

[Kids Yoga Bingo Cards](#)

[Kids Yoga Pose Memory Game](#)

Props for Teaching Kids Yoga

[Hoberman Sphere](#) (Breathing Ball)



[Chime](#)

[Snowballs](#)

[Jenga](#)

[Twister](#)

[Beach Ball](#)

[JBL Speaker](#)

Favorite Read Aloud Books

[Brown Bear Brown Bear](#)

[Chicka Chicka Boom Boom](#)

[The Very Hungry Caterpillar](#)

[I am Yoga](#)

[I am Peace](#)

[For more recommended props and resources see here.](#)

Go Go Yoga for Kids

[Kids Yoga & Mindfulness Teacher Training Facebook Group](#)

[You Tube](#)



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