



# Cosmic Yoga





# What is yoga?



- Yoga is made up of stretches and poses that you do with breathing techniques. It is a form of exercise. Anyone can do it, no matter how old you are or how fit you are.
- Yoga is a 5,000-year-old form of exercise from India. It was developed to join the mind and body.
- Some yoga styles are intense and energetic. Others are relaxing. No matter which type you choose, yoga is a great way to stretch and strengthen your body, focus your mind, and relax your spirit.

# We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure!

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<https://www.youtube.com/watch?v=KAT5NiWHFIU&list=PL8snGkhBF7niNxu5-ED5h3F9D1W3InZuz&index=2>