

SWAMI CAT & KARUNA FAMILY FUN YOGA  
30 minutes

Sit in a comfortable cross-legged position.

Stretch neck, shoulders & do some twists.

Practice:

Cat/Cow

Dog

Butterfly

Canoe Pose

Candle with light

Tree pose

Try “Head Shoulder Knees & Toes” Song with Yoga positions

Try Simon Says with Yoga Positions (You can use Swami Cat Says!)

Use one of the Swami Cat stories from books, videos, etc.

Laughter Yoga

Relaxation (You can use any quiet time song or The Swami Cat Sivasana Song, “I am All & All is Me”)

Wake up by singing or dancing some happy songs.

You can use Swami Cat’s “Yoga Dog” song or any other upbeat song that gets the blood pumping and kids breathing a little deeper.

Namaste!