

LITTLE YOGI'S JOURNEY

Complete your daily flow and earn a sticker!

MON

TUE

WED

THU

FRI

SAT

SUN

Tree Pose

Balance like a tall oak

Down Dog

Stretch your paws out

Butterfly

Flap your knees gently

Cat-Cow

Wiggle your spine

Cobra

Lift your chest and hiss

Star Pose

Reach for the corners

MY GOAL REWARD: