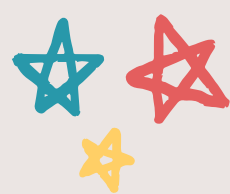


# Have you ever heard of Cosmic Yoga for Kids?

Click [HERE](#) to check out their YouTube page!



## ABOUT COSMIC YOGA

- Yoga, mindfulness and relaxation videos for kids.
- Interactive adventures which build strength, balance, and gets kids into yoga and mindfulness early!



## BENEFITS OF KIDS' YOGA

- Helps balance energy levels and calms the nervous system with twists that stimulate the spinal cord and regular practice of relaxation
- Develops sensory awareness – kids learn to notice what's going on in their body and mind while they're in postures.
- Keeps the heart and respiratory system fit and strong, encouraging better circulation by getting the heart pumping and using more of the space in the lungs with deeper breathing.
- Improves the digestive system with yoga postures that get things moving in the gut and by stimulating the parasympathetic nervous system during relaxation, triggering important acids in the stomach to be released for breaking down food. That's why you hear everyone's tummy start to rumble during savasana!
- Supports and strengthens the immune system by reducing stress and stimulating the lymph system (the body's highway of white blood cells which fight viruses and infections).
- MANY more!

**Cosmic Kids**