

Yoga Video

The videos listed are suggestions from the counseling department.

Age	Title	Web Address
K-5	Frozen Yoga	https://www.youtube.com/embed/xlg052EKMTk
K-5	Trolls Yoga	https://www.youtube.com/embed/U9Q6FKF12Qs
All	Morning Stretch	https://www.youtube.com/embed/4pKly2JojMw
All	Yoga for Beginners	https://www.youtube.com/embed/6kJgTouHHeE
K-5	Spider Man Yoga	https://www.youtube.com/embed/fnO-IGEMOXk
K-5	Star Wars Yoga	https://www.youtube.com/embed/coC0eUSm-pc
6-12	Yoga For Teens	https://www.youtube.com/embed/7kgZnJqzNaU
6-12	Yoga For Stress	https://www.youtube.com/embed/f8nfwlcK-g
K-5	Mermaid Yoga	https://www.youtube.com/embed/U1UcBGllf50
K-5	Harry Potter Yoga	https://www.youtube.com/embed/R-BS87NTV5l
6-12	Energizing Yoga	https://www.youtube.com/embed/-6erFaJZqP4
6-12	Bedtime Yoga	https://www.youtube.com/embed/BiWDsfZ3zbo
6-12	Core Power Yoga	https://corepoweryogaondemand.com
K-8	Yoga for Kids	https://www.youtube.com/embed/vMMRb10LtGM