

## Yoga Video

The videos listed are suggestions from the counseling department.

Age	Title	Web Address
K-5	Frozen Yoga	<a href="https://www.youtube.com/embed/xlg052EKMTk">https://www.youtube.com/embed/xlg052EKMTk</a>
K-5	Trolls Yoga	<a href="https://www.youtube.com/embed/U9Q6FKF12Qs">https://www.youtube.com/embed/U9Q6FKF12Qs</a>
All	Morning Stretch	<a href="https://www.youtube.com/embed/4pKly2JojMw">https://www.youtube.com/embed/4pKly2JojMw</a>
All	Yoga for Beginners	<a href="https://www.youtube.com/embed/6kJgTouHHeE">https://www.youtube.com/embed/6kJgTouHHeE</a>
K-5	Spider Man Yoga	<a href="https://www.youtube.com/embed/fnO-IGEMOXk">https://www.youtube.com/embed/fnO-IGEMOXk</a>
K-5	Star Wars Yoga	<a href="https://www.youtube.com/embed/coC0eUSm-pc">https://www.youtube.com/embed/coC0eUSm-pc</a>
6-12	Yoga For Teens	<a href="https://www.youtube.com/embed/7kgZnJqzNaU">https://www.youtube.com/embed/7kgZnJqzNaU</a>
6-12	Yoga For Stress	<a href="https://www.youtube.com/embed/_f8nfwlcK-g">https://www.youtube.com/embed/_f8nfwlcK-g</a>
K-5	Mermaid Yoga	<a href="https://www.youtube.com/embed/U1UcBGllf50">https://www.youtube.com/embed/U1UcBGllf50</a>
K-5	Harry Potter Yoga	<a href="https://www.youtube.com/embed/R-BS87NTV5l">https://www.youtube.com/embed/R-BS87NTV5l</a>
6-12	Energizing Yoga	<a href="https://www.youtube.com/embed/-6erFaJZqP4">https://www.youtube.com/embed/-6erFaJZqP4</a>
6-12	Bedtime Yoga	<a href="https://www.youtube.com/embed/BiWDsfZ3zbo">https://www.youtube.com/embed/BiWDsfZ3zbo</a>
6-12	Core Power Yoga	<a href="https://corepoweryogaondemand.com">https://corepoweryogaondemand.com</a>
K-8	Yoga for Kids	<a href="https://www.youtube.com/embed/vMMRb10LtGM">https://www.youtube.com/embed/vMMRb10LtGM</a>