

Cosmic Kids Yoga

Cosmic Kids Yoga is a series of videos that focus on yoga, mindfulness, and breathing for children. This practice builds balance, strength, and confidence at a young age! Listed below are a few space themed videos. Visit the YouTube channel, Cosmic Kids Yoga, for more themed videos!

Space Heroes

<https://www.youtube.com/watch?v=LgJ2z1Pt7vg>

Jedis and Astronauts

<https://www.youtube.com/watch?v=26fk7LFLI5Q>

All About Rockets

<https://www.youtube.com/watch?v=8cLWrEOxWHc>

Moon

<https://www.youtube.com/watch?v=v9W8iV4AJYQ>

Space Picnic

<https://www.youtube.com/watch?v=d85dw-AcAaU>

Space Breathing

<https://www.youtube.com/watch?v=KhXt7cpCPPs>

Cosmic Kids YouTube Channel Homepage

https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ