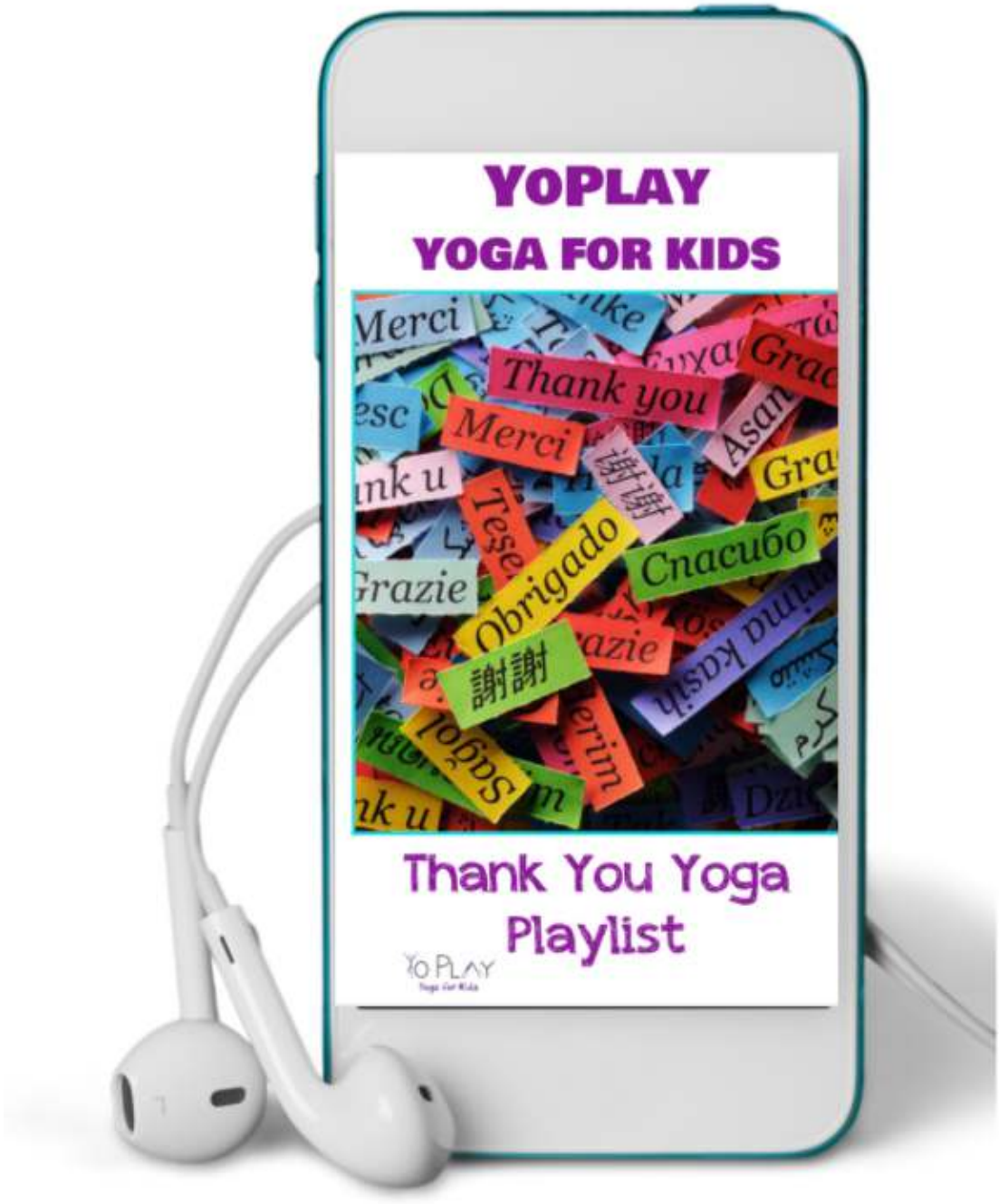
Thank You Yoga

kids yoga lesson

PLAYLIST

for 3-9 year olds



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Our intention...

We hope you have so much fun with your children, students, or any child in your life practicing yoga & mindfulness and connecting with each other in a creative, playful and healthy way. May you be strong & flexible, calm & confident, happy & healthy in your minds and bodies

Created by...

YoPlay Yoga For Kids founder Jennifer Byer. Jennifer's inner playfulness & love of yoga led her to establish YoPlay Yoga for Kids in 2010. It's where YOga & PLAY come together. Jennifer has over 20 years of yoga practice & teaching experience. She has taught thousands of children in preschools, public schools, yoga studios, and libraries throughout the U.S. and as far abroad as Bhutan and Rwanda. When Jen isn't teaching she is busy creating yoga content and mindfulness curriculum for her fellow yogis and educators. Her lesson plans have been used in classes from California to Lebanon. In 2018 Jen published a children's yoga book, Guided By The Light Of The Moon, which highlights her ability to place mindfulness teachings into a fun and interactive context.

Jennifer is passionate about improving the lives of children through yoga and mindfulness and she loves creating new fun ways to reach that goal. Her students love her silliness & her ability to meet them at their level, respectfully and yet in a playful way. She loves helping other yoga instructors and educators by providing support, curriculum content and even business tips to help them share yoga and mindfulness with the children in their lives.

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Thank You Yoga Playlist

Click on any song title below to get access to listen on Apple Music

1. Snacktime by Barenaked Ladies
2. Harvest Moon by Neil Young
3. The Leaves on the Trees (Instrumental) The Kiboomers
4. I've Got Plenty To Be Thankful For by Bing Crosby
5. Family Time by Ziggy Marley
6. The Turkey Hop by The Kiboomers
7. Beautiful Day by U2
8. If You're Thankful and You Know It by the Kiboomers
9. Do The Mashed Potatoes by James Brown
10. What a Wonderful World by Louis Armstrong
11. Vegetable Town by Barenaked Ladies
12. Colorful Season (Instrumental) by Autumn Music Fall Sounds Ensemble

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