

**Yoga for JSE-J**  
***Twilight the Unicorn of Dreams***



**Hi everybody!**

**Do this yoga routine at home. There's a unicorn and a story about sleeping well and having lovely dreams. Doing these postures will help you feel calm and relaxed. 😊**



**Twilight the Unicorn of Dreams – A Cosmic Kids Yoga Adventure**

*Episode 11 | Twilight The Unicorn of Dreams | A Cosmic Kids Yoga adventure! A kids yoga story all about sleeping well and having lovely dreams.*

<https://www.youtube.com/watch?v=RLOOjGAM1s&list=PL8snGkhBF7nhwY-bD3Arzu7fY2guW61Hp>

## Healthy Routines

Yoga is a great way to maintain a healthy routine – to help regulate your energy and keep you fit, strong, flexible and calm. Some yoga can make you energised and some yoga can make you feel relaxed and sleepy.

Cosmic Kids Yoga makes yoga fun. As you move into different postures you hear exciting stories and go on adventures.

\*\* I'd love to see some photos of you practicing yoga at home. Please send them to your teacher. This is me, practicing yoga at home ☺

**Have fun! From Mrs Ralph**



## Cosmic Kids Yoga

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

<https://www.youtube.com/watch?v=eGNHLzZhX6c>