DIVISION OF AGRICULTURE
RESEARCH \& EXTENSION
University of Arkansas System

## 4-H Yoga for Kids Resources

## All available resources can be downloaded ${ }^{* \dagger}$ by visiting our online publications order system.

1. Visit www.uaex.edu/publications
2. Click on "Online Publications Order System."
3. Enter your zip code. Click "Continue."

4. Search by keyword "yoga" or enter the publication number listed below.
5. Click on the publication's title to download or enter a quantity to order.

| Item <br> Number | Title | Price |
| :---: | :--- | :---: |
| MP517 | Healthy Living: Yoga for Kids (14 $\times 20$ poster) | $\$ 0.60$ |
| MP525 | Healthy Living: Yoga for Kids 2 (14 $\times 20$ poster) | $\$ 0.60$ |
| MP526 | Healthy Living: Yoga for Kids - Poses for <br> Partners (14 $\times 20$ poster) | $\$ 0.60$ |
| FSFCS24 | Healthy Living: Yoga for Kids (fact sheet) | $\$ 2.01$ |
| FSFCS50 | Healthy Living: Yoga for Kids Basics (fact sheet) | $\$ 2.14$ |
| FCS824 | Healthy Living: Yoga for Kids 4-H Pledge and <br> Pose Instructions (booklet) | $\$ 2.33$ |
| DVDFCS13 | Healthy Living: Yoga for Kids (DVD) | $\$ 10.00$ |

*The Yoga for Kids DVD is only available for purchase.
$\dagger$ The Yoga for Kids 4-H Pledge and Pose Instructions booklet (FCS824) can be downloaded at:
http://www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx

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