



## 4-H Yoga for Kids Resources

All available resources can be downloaded<sup>\*†</sup> by visiting our online publications order system.

1. Visit [www.uaex.edu/publications](http://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 Number	Title	Price
MP517	Healthy Living: Yoga for Kids (14 x 20 poster)	\$0.60
MP525	Healthy Living: Yoga for Kids 2 (14 x 20 poster)	\$0.60
MP526	Healthy Living: Yoga for Kids – Poses for Partners (14 x 20 poster)	\$0.60
FSFCS24	Healthy Living: Yoga for Kids (fact sheet)	\$2.01
FSFCS70	Healthy Living: Yoga for Kids Basics (fact sheet)	\$2.14
FCS824	Healthy Living: Yoga for Kids 4-H Pledge and Pose Instructions (booklet)	\$2.33
DVDFCS13	Healthy Living: Yoga for Kids (DVD)	\$10.00

\*The Yoga for Kids DVD is only available for purchase.

† 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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