



## 4-H Yoga for Kids Resources

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

- 1. Visit <u>www.uaex.edu/publications</u>
- 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.

ltem 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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