



# St. Patrick's Day Kids Yoga: A Kids Yoga Stories Lesson Plan

*Giselle Shardlow*

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## Give your Children the Healthy Benefits of Yoga with this Kids Yoga Stories St. Patrick's Day Lesson Plan!

Go on a fun and interactive adventure to Ireland to celebrate St. Patrick's Day. Be a fox, hare, or hedgehog as you act out a trip to this magnificent country. What else might you see and do?

Includes 20 kids yoga poses and 20 extension activities to experience with your 4 to 8 year old. Practice yoga at home, in the park, in your classroom, or at your local yoga studio. Learn something new, explore movement, and have fun together!

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