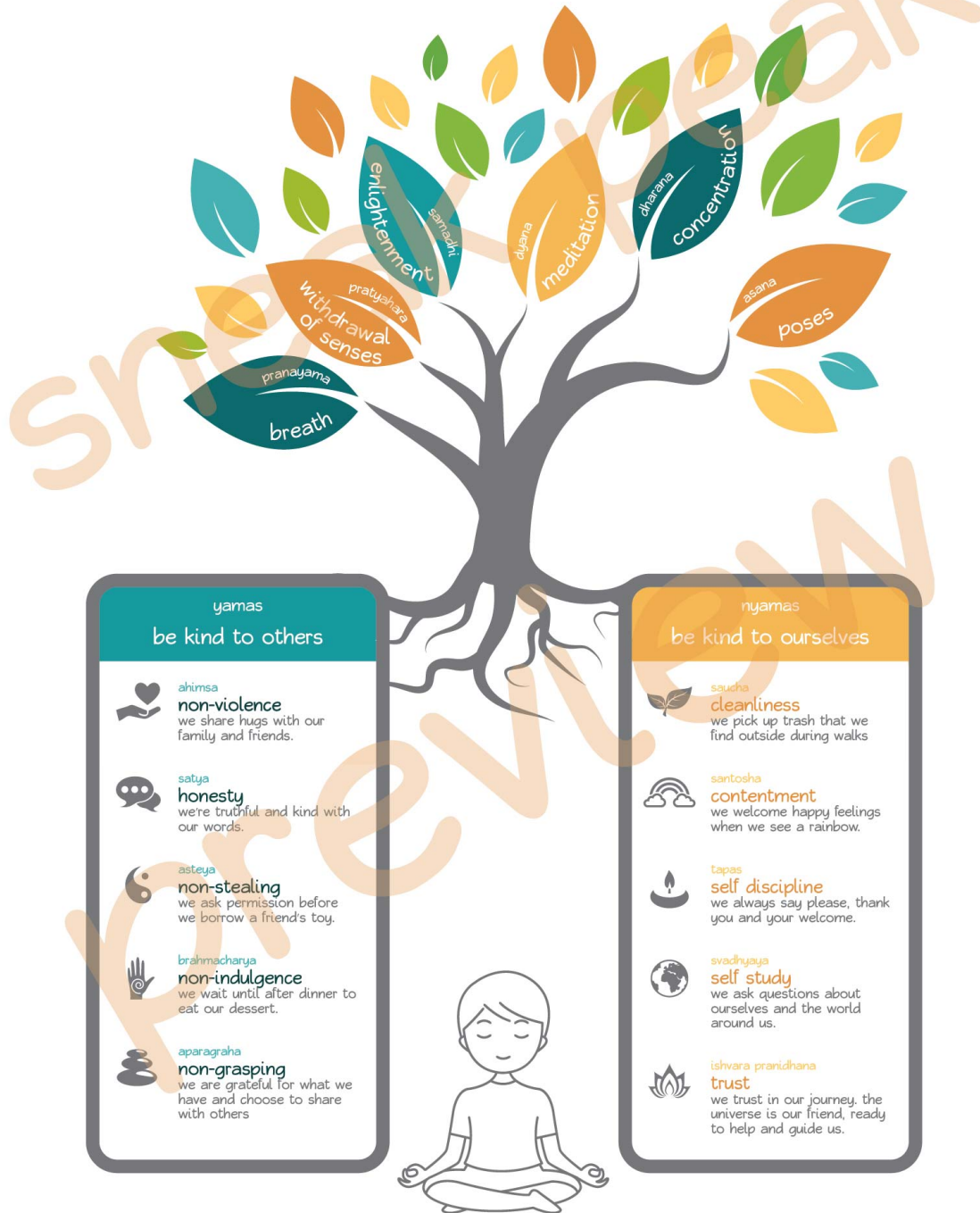


8 limbs for littles

we practice the 8 limbs of yoga to create more balance, peace and good health in our lives and others.



yamas
be kind to others

- ahimsa**
non-violence
we share hugs with our family and friends.
- satya**
honesty
we're truthful and kind with our words.
- asteya**
non-stealing
we ask permission before we borrow a friend's toy.
- brahmacharya**
non-indulgence
we wait until after dinner to eat our dessert.
- aparagraha**
non-grasping
we are grateful for what we have and choose to share with others.

nyamas
be kind to ourselves

- saucha**
cleanliness
we pick up trash that we find outside during walks.
- santosa**
contentment
we welcome happy feelings when we see a rainbow.
- tapas**
self discipline
we always say please, thank you and your welcome.
- svadhyaya**
self study
we ask questions about ourselves and the world around us.
- ishvara pranidhana**
trust
we trust in our journey, the universe is our friend, ready to help and guide us.



namaste
the light in me honors
the light in you