

Play to grow

The text 'Play to grow' is written in a white, bold, sans-serif font. The word 'Play' is on the top line, 'to' is in the middle, and 'grow' is on the bottom line. The text is slightly curved to the right. There are two red, curved, brush-stroke-like accents: one above the 'y' in 'Play' and one below the 'g' in 'grow'.

To enjoy elevating the consciousness of our boys and girls

“When doing yoga with children call upon their imagination through stories, songs, poems, activities and games. Create an imaginary atmosphere: they can pretend they are imaginary animals or creatures in some exercises”.

Yogi Bhajan
Master of Kundalini Yoga

Yoga Cards

Accompany and enjoy with the boys and girls sharing stories and games with these cards, give them the possibility to grow in a healthy, happy and conscious manner. Let us build together an elevated reality, nurturing them as complete beings, integrating their body, mind and soul.



Yoga Cards Box

Set includes:

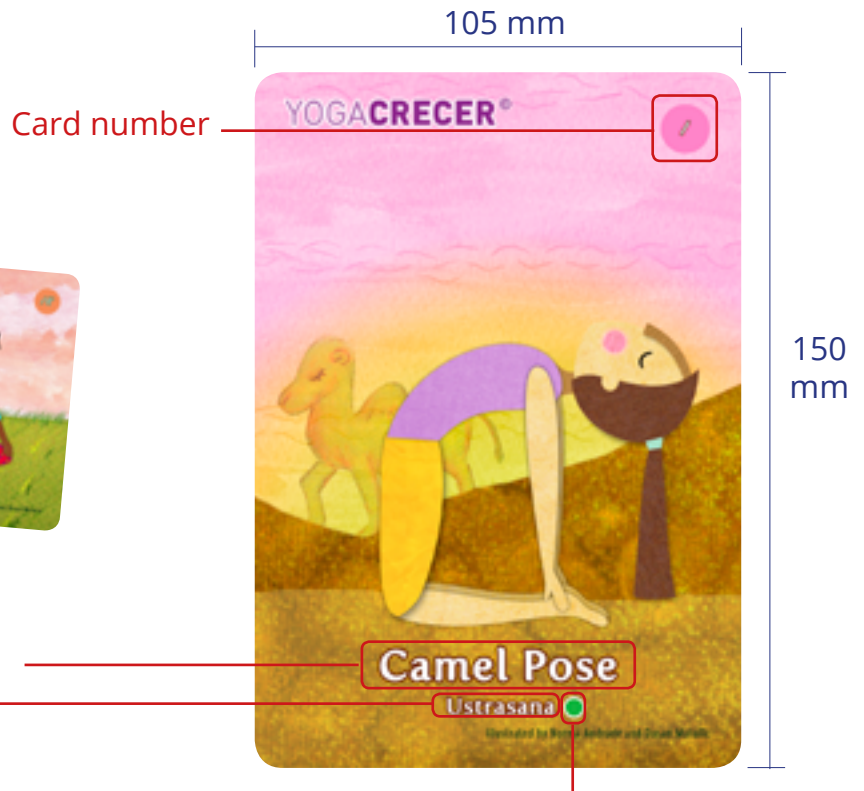
- 42 Yoga cards
- 01 Instructional brochure
- 01 Box

Technical Specifications

- Digital print
- Couche paper 350 gr/m2
- Plastic protection
- Measure each card: 105 x 150 mm



Others examples



Pose name
Sanskrit pose name

Seal for asanas that are exclusive for children 7 years and older due to their elevated physical demand

Yoga Stories

Telling stories to children enriches their imagination, boosting their intelligence. It is stated that stories represent the key that opens the soul of little ones during the first seven years of life.

Technical Specifications

- Digital print
- Couche paper 350 gr/m2
- Measures
 - Close: 230 x 200 mm
 - Open: 460 x 200 mm
 - Cover: plastic protection

There is no doubt that magical thinking is the great bridge towards spiritual consciousness in a human being with all it involves at an ethical level, it holds a deep meaning and connection between the divine dimension and the cosmos. This is why many of the great spiritual teachings in humanity have been given as parables, stories, narrations, old sayings and fables.

From our magical thinking we can access to profound metaphorical and analogical comprehensions that allow us to discover truths and knowledge that is sustaining all of existence.

460 mm



200
mm

Story

Exercise description

Page number

Our collection has 3 titles

Title: **A frozen penguin**

It's very cold for the little penguin

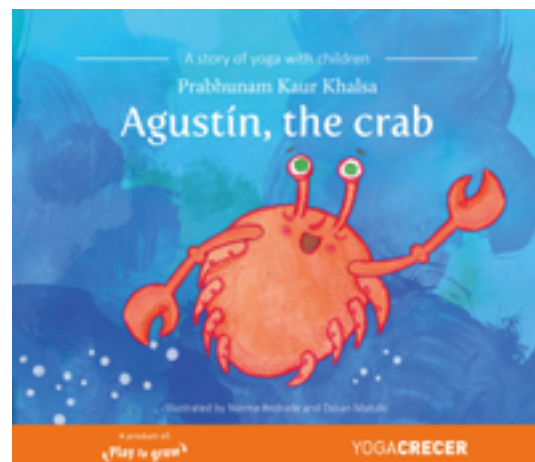
The story has been inspired in the Kundalini Yoga Series or Kriya extracted from the Manual "Physical Health". It is called "Series to balance prana and apana" and its yogui objective is to preserve the energetic balance of the whole being.



Title: **Agustín, the crab**

Discover the adventure of the Agustín crab and his friends under the sea.

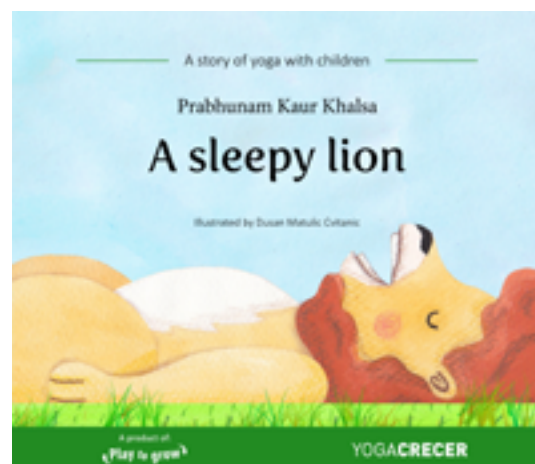
This story was inspired on the Series or Kriya of Kundalini Yoga taken from the Manual, The Master in the Aquarian Age. It is called "New lungs and circulation" and it aims towards reconstructing lungs and improving the whole body's circulation.



Title: **A sleepy lion**

A lion sleeps in a special way in the savanna

The story has been inspired on the Series or Kriya from Kundalini Yoga called "Series to Liberate Inner Anger".





“Children are full-fledged people with high potency antennae which record every vibration within their vicinity completely and very deeply”.

Yogi Bhanjan