

yoga friends

a pose-by-pose partner adventure for kids

Mariam Gates & Rolf Gates

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When I am with you
and you are with me,
together we become
what we want to be.

We sit back to back and
take a deep breath in.

Then let it out slowly and
we're ready to begin.





We are a feathery owl gazing
down to the ground.

A twist to each side and we
see all the way around.