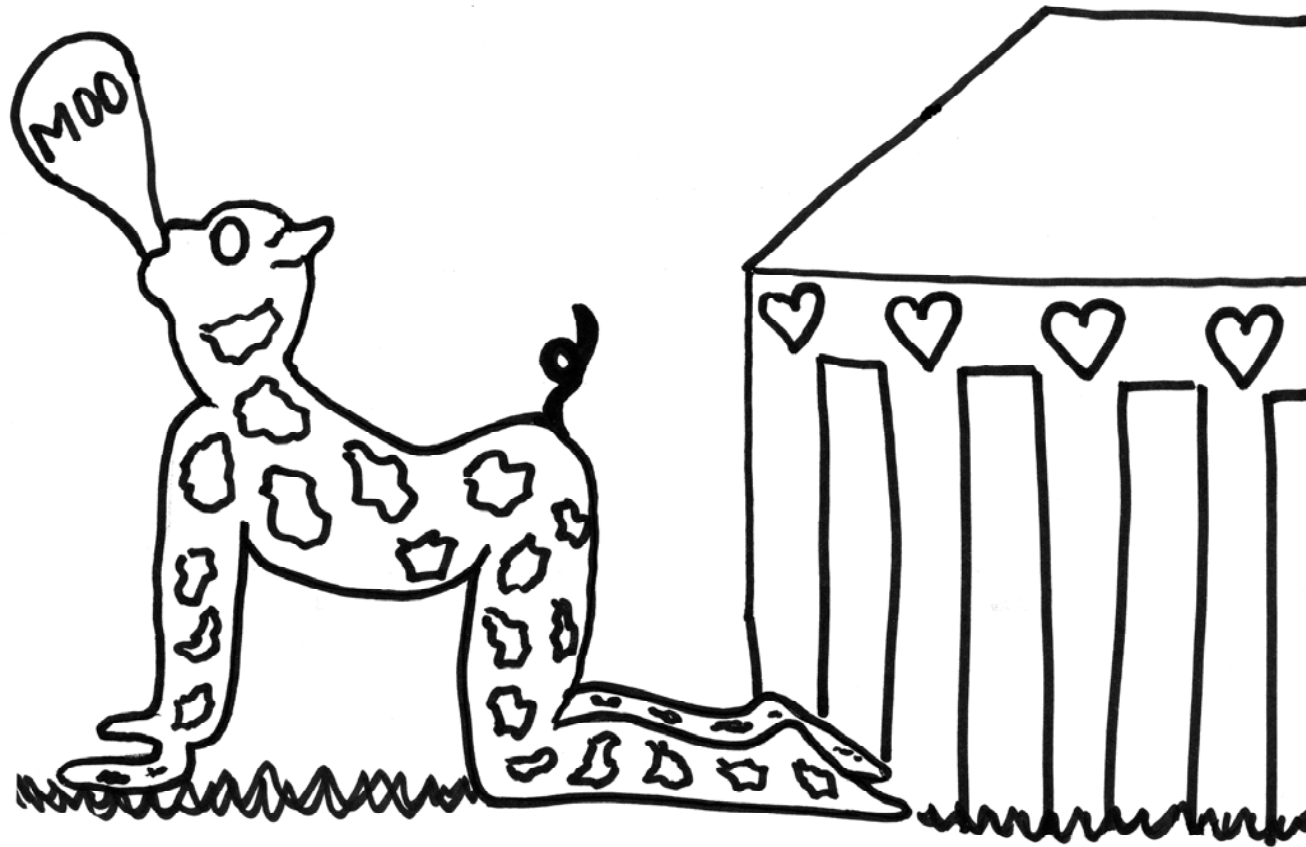


# Cow Pose



## Animal Friends

© 2007 Helen Garabedian, Founder of Itsy Bitsy Yoga® (877) YOGA-FUN  
Certified Tykes Itsy Bitsy Yoga Facilitators have permission to photocopy for free distribution in Tyke Itsy Bitsy Yoga® classes. All other rights reserved.

[www.ItsyBitsyYoga.com](http://www.ItsyBitsyYoga.com)