



**Children's Yoga Center**  
Traditional Integral Hatha Yoga

I have strength in my body

I can do what I need to do

I am a peaceful person

I am a good person

I am a kind person

I am safe and calm

I love and accept myself

I am a good friend

I like friends

I can be everything I want to be

I am in control of myself and my body

I want to be helpful