



## SING SONG YOGA®

The Sing Song Yoga app, Version 2.0 (Sing Song Yoga, 2020), is designed especially for kids and uses song lyrics to teach students specific yoga poses. The program can be used to explore and practice individual yoga poses or can be customized to create a sequence of poses the group wants to practice together. The Thornapple Kellogg School District in Michigan has found success with this app in classrooms across grade levels. Kindergarten teacher Jasmine Koster said the app “reinforces concentration and gives students a brain break” and that she “always receives positive feedback from the families” who use it (Farrise, 2019; Thornapple Kellogg Schools, n.d.).