



YOGA QUEST

OUR BIGGEST YOGA ADVENTURE YET!

Welcome to the Cosmic Kids Yoga Quest!

In this quest, you will use yoga to travel through five lands:
Sharks Bay, Desert Gorge, Rumbly Jungle, Winter Wonderland, and Party Town.

Each land has a map with yoga adventures for you to complete. Make sure to keep track of the adventures you complete using the checkboxes on each map:



For every adventure you complete, you are one step closer to Party Town and then completing the first-ever Cosmic Kids Yoga Quest!

Once you complete the quest, ask for your parent or guardian to print out and personalise the certificate of completion from yours truly! All Yoga Quest videos are available on YouTube (simply search for "Yoga Quest") as well as ad-free on our app (Yoga Quest playlist).

BONUS! Make sure to download your 20 printable activity sheets which take the fun offline - designed as a partner to Cosmic Kids Yoga Quest but fun for any Cosmic Kids fan.

<https://cosmickids.com/shop/yoga-quest-activity-pack/>

**A special note to all you Parents/Teachers/Guardians: Make sure to help keep your little Yoga Heroes on track and motivated along the way—this is a huge feat! Once they've completed the entire Yoga Quest, they will have done 20 yoga adventures—that's 6 hours and 25 mins, or 375 minutes, or 22,500 seconds of yoga practice! And to give you a little preview of what's in store once completed, take a look at the certificate in your packet as well as this congratulations video I have made for them! <https://bit.ly/2HdcPqz>

Good luck my little Yoga Heroes!

Jaine 
XX

**COSMIC
KIDS!**



YOGA QUEST

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RUMBLY JUNGLE

DESERT GORGE

PARTY TOWN

SHARK'S BAY

Winter Wonderland

COSMIC KIDS!



SHARK'S BAY



YOGA QUEST

THIS WAY TO
DESERT GORGE

BEGIN HERE!



NORRIS!



MOANA!



POPCORN!



SQUISH!



NIBS!



COSMIC
KIDS!



DESERT GORGE

YOGA QUEST



THIS WAY TO RUMBLY JUNGLE

#1
LULU!



#3
ALAN!

BEGIN HERE!

#2
UPDOWN!



COSMIC KIDS!



RUMBLY JUNGLE

YOGA QUEST

BEGIN HERE!

#1

STEEZZI!



#2

DODGSON!



#3

TINY!



#4

FRANK!



THIS WAY TO WINTER WONDERLAND

COSMIC KIDS!





Winter Wonderland

YOGA QUEST



COSMIC KIDS!



YOGA QUEST

PARTY TOWN

CONGRATS!

#3

#4

Crockles!

Nelson!



#2

Batsy!

#1

Calypso!



BEGIN HERE!



COSMIC KIDS!



CERTIFICATE OF COMPLETION

HAS COMPLETED THE COSMIC KIDS YOGA QUEST
ADVENTURELAND MAP FROM SHARK'S BAY TO PARTY TOWN



Jaime 
XX

DATE

