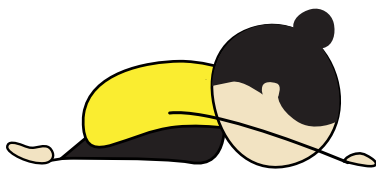


Yoga for Kids!

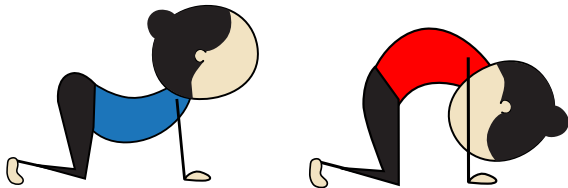
Yoga focuses on three things:

- Breathing (inhale and exhale through your nose)
 - Poses (physical postures)
 - Meditation (mindfulness)
-



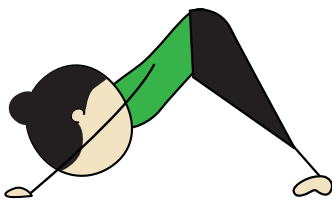
Child's Pose

Begin on hands and knees, spread knees wider than your hips while keeping big toes touching. Reach arms up and over while bringing your forehead and hands to the ground.



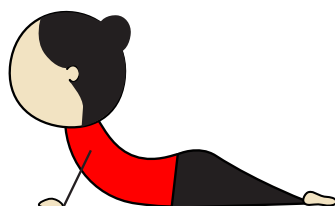
Cat/Cow Pose

Begin on hands and knees with hands under shoulders and knees under hips and a neutral spine. To do Cow Pose, inhale as you drop your belly toward the ground and look up. To do Cat Pose, exhale and round your back to the ceiling while looking down.



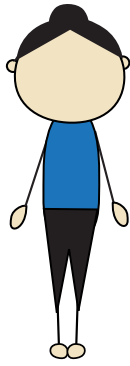
Downward Dog

Begin on hands and knees. Straighten arms and legs while looking toward your belly and keeping your back straight.



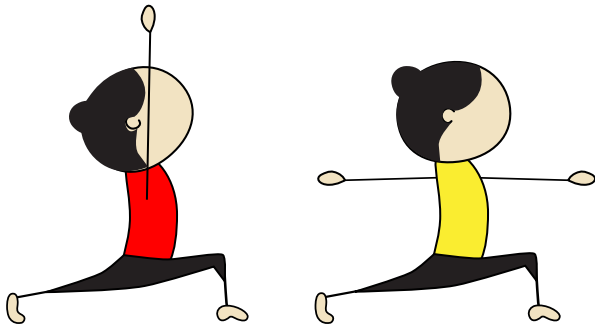
Upward Dog

Begin by lying face-down on the floor with legs extended behind you. Place your hands alongside your body next to your ribs. Inhale and press hands into the floor while lifting your head towards the ceiling.



Mountain Pose

Stand with your feet together and arms down at your sides. Keep your muscles engaged and stand strong.



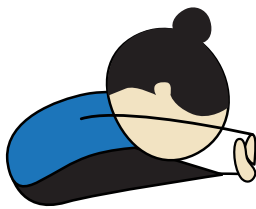
Warrior 1 and Warrior 2

Begin with your feet together, step one foot far back (feet wider than your hips). Point your front foot and hips forward, turn your back foot to the side. To do Warrior 1, bring arms up and over your head and gaze up at hands. To move into Warrior 2, bring arms out to a "T" and gaze forward.



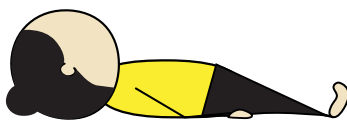
Tree Pose

Begin standing in Mountain Pose. Bring one foot up and rest it on the opposite leg (shin/calf). Press palms together and balance.



Forward Fold

Begin seated with your legs straight out in front of you. Lean forward and rest your hands on your knees or your feet.



Savasana

Lie on your back with your legs apart and arms out at your sides with palms facing up.