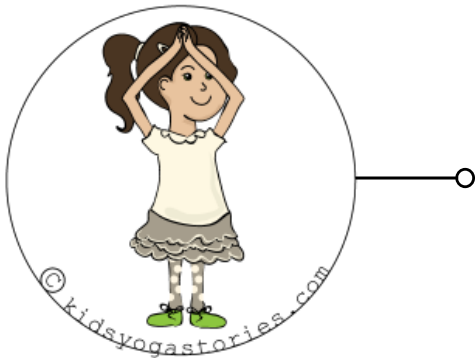


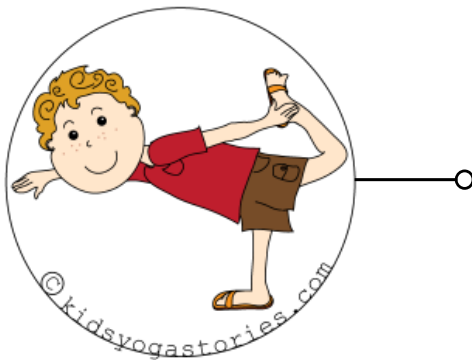
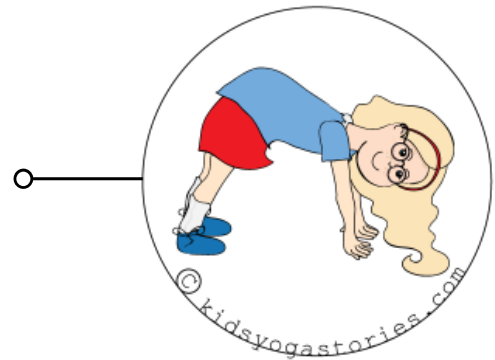
# Yoga for Kids

In the hustle bustle of today's world, stretching and movement provide an opportunity to reconnect with ourselves and nature. Yoga is a great and relaxing activity that the whole family can participate in! Close your eyes and practice your deep breathing. These poses reminds us a lot of certain animals, nature and the great outdoors.



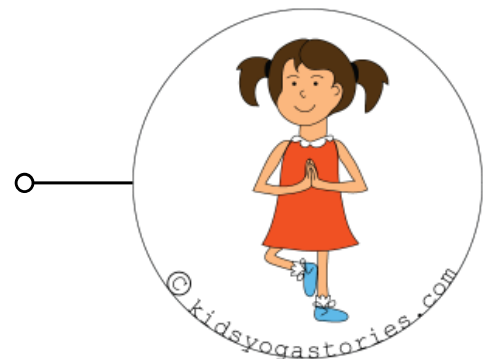
Stand tall, look up, and reach your arms up to the sky for **Extended Mountain Pose**. Stretch as high as you can. Think of yourself as the tallest mountain peak and say, "Good Morning, Sun!" and "Good Morning, World!"

From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape. This is **Downward-facing Dog**. Straighten your legs, relax your head and neck, and look down just like a stretching puppy!



Stand tall and begin to balance on your right leg. Reach your left leg out behind you and grab on to your foot with your left hand. Bend forward and reach your right arm straight out in front of you for balance. This is **Dancer's Pose**. Do you feel like a silly, pink flamingo?

Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance for **Tree Pose**. You can even try to sway back and forth like the trees around us do in the wind!



# Yoga for Kids



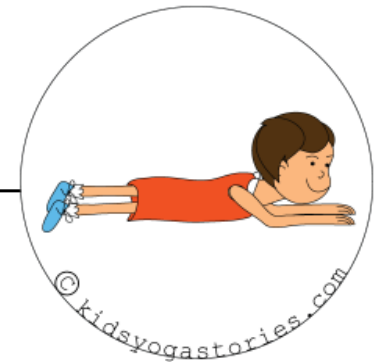
Take a seat on the ground and balance with your legs up in the air for **Boat Pose**. Rock back and forth. Do you feel like a boat traveling through some wavy water?

Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet for **Bow Pose**. This one looks like a fish swimming in the sea!



Sit on your heels and slowly bring your forehead down to rest in front of your knees. Place the palm of your hands flat out in front of you and reach your fingers out as far as you can for **Extended Child's Pose**. Take a few deep breaths and stretch! Lots of animals stretch like this, too! Which animal do you feel like?

Lie on your tummy and place your palms flat next to your shoulders. Press into your hands and lift your head and shoulders off ground for **Cobra Pose**. Can you hiss like a slithering snake?



Sit with a tall spine, cross your legs, and rest the palms of your hands on your knees for **Lotus Pose**. Relax and breathe. Good job! What was your favorite part of yoga?