

# Wild Yoga for Kids

## BAT

From Butterfly pose:

- Bring knees up slightly.
- Keeping soles together, push feet forward away from your body.
- Slide your arms under your legs, straight out to the side.
- Lean forward and relax into the pose like a sleeping bat.
- Hold for 1 or 2 breaths and release.



Benefits: releases tension in back and hips and calms and quiets the mind.