

# Wild Yoga for Kids

## BUTTERFLY

From sitting:

- Sit tall with your back straight.
- Put foot soles together.
- Interlace fingers and hold onto your toes.
- From this position, try these variations:
  1. Raise knees up and down like a butterfly drying its wings. Inhale as you lift knees and exhale as you lower.
  2. Relax legs and rock from side to side.
  3. Sit tall. Press knees towards the floor and hold for 3 breaths.



Benefits: stretches the spine tall and releases tension from the back, hips and legs.