

Wild Yoga for Kids

CHILD'S POSE

From kneeling:

- Seat rests on or drops toward heels.
- Stack fists one on top of the other, in front of knees.
- Lean forward and place forehead on the top fist.
- Relax in the pose for as long as you like.



Benefits: Rests and equalizes your body (counter pose) after each pose.