

Wild Yoga for Kids

COBRA

From laying down:

- Lie face down on floor.
- Place palms flat, under your shoulders, fingertips pointing together.
- Press tops of your feet into the floor.
- Inhale, press down with hands to raise head and shoulders up, keeping hips and legs on floor.
- Exhale, hiss like a snake as you slowly lower body to floor.
- Repeat 2 or 3 times



Benefits: strengthens arm and back muscles. Massages abdominal organs for better digestion and elimination.