

Wild Yoga for Kids

DRAGONFLY

From laying down:

- Lie on your belly, body relaxed.
- Move your arms straight out to the sides, palms down.
- Rest forehead on floor.
- Press tops of feet into the floor (don't lift feet).
- Inhale and raise your arms, head and shoulders up.
- Hold for a breath or several, whatever feels best.
- Lower down as you exhale.
- Place your hands on top of each other (palms down); forehead rests on the top hand.
- Rest and let your body relax then repeat if you like.
- Equalize in Child's pose.



Benefits: strengthens back, stretches arms and chest. Backbends in general promote feelings of well-being and happiness.