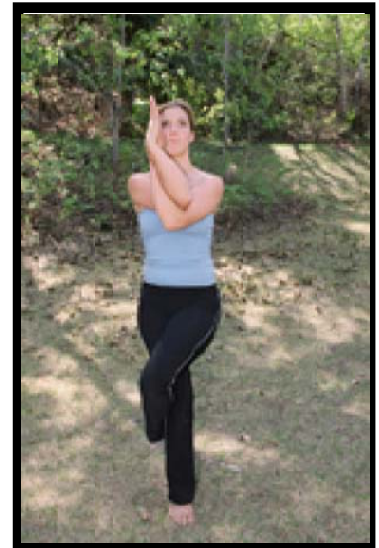


Wild Yoga for Kids

EAGLE

From standing:

- Stand with left knee slightly bent.
- Cross right leg over left and squeeze thighs together.
- Wrap right leg around left leg, and if you can comfortably, hook your right foot behind your left calf.
- Keep hips facing forward and back straight.
- Open arms wide at shoulder height.
- Cross left arm over right, bend elbows and wrap your forearms around each other.
- Try to put your palms together.
- Sit down into the pose as if there is a chair behind you.
- Stay steady for a few breaths then release from the pose, slowly, with control.
- Repeat on opposite side, switching both legs and arms.



Benefits: strengthens and stretches legs, arms, and back. Stimulates circulation, improves balance and activates both sides of brain at the same time.