

# Wild Yoga for Kids

## FLOWER

From sitting or Butterfly:

- Sit with foot soles pressed together, knees open wide.
- Lean forward and slide arms under legs and out to the sides.
- Backs of knees rest in crooks of elbows.
- Turn palms upward.
- Lean back and find balance on your seat.
- Keep your chest forward and your back flat and tall.
- Hold for 1 or 2 breaths.
- Try the Flower in a circle of friends and link hands.



Benefits: increases bone density in spine and pelvis and improves flexibility and balance.