

Wild Yoga for Kids

FROG

From kneeling:

- Sit on your feet, big toes touching.
- Knees wide apart.
- Arms relaxed, finger tips on floor.
- Inhale as you stretch up tall and look up.
- Exhale as you "ribbit" like a frog, then relax.
- Repeat twice.



Benefits: releases tension in back and hips and calms and quiets the mind.