

Wild Yoga for Kids

LION

From kneeling:

- Seat resting on feet, body relaxed.
- Hands on thighs, back straight.
- Inhale a deep comfortable breath through your nose.
- Exhale a roaring/hissing lion breath while you lean forward, straighten your arms, and slide your hands toward your knees.
- As you exhale, open your mouth and eyes wide; stick your tongue out and down as far as you can, while looking up with your eyes.
- Draw in your belly to help you empty your lungs completely.
- Inhale through your nose and relax back to the starting position.
- Repeat 2 or 3 times.



Benefits: encourages circulation to the throat and is said to prevent or cure sore throats and improve the quality of your voice.