

Wild Yoga for Kids

MONKEY

From kneeling:

- Hands on floor, shoulder-width apart, palms flat, fingers spread.
- Lean forward and put the crown (top) of your head in front of your hands.
- Your head and hands should form a triangle.
- Keep elbows directly above your wrists to make a shelf with your upper arms.
- Tuck toes under and lift knees.
- Walk toes forward until you can rest your knees on your elbows.
- Lift toes off floor and hold for 2 or 3 breaths.
- Lower toes to floor, bring knees down and rest in Child's pose.



Benefits: stimulates bone and muscle strength in the arms, shoulders and spine. Circulation reaches the heart and head without having to battle gravity. Promotes clear thinking and improved focus.