

Wild Yoga for Kids

SEAGULL

From Cat pose:

- On hands and knees, slowly slide one knee forward as you lower your seat.
- Stretch the other leg back behind you.
- Find your balance and take your arms out to the side.
- Look up, and arch your spine.
- Hold steady for a breath or two.
- Come to kneeling and equalize body using Child's pose or Downward Dog.
- Repeat on opposite side.



Benefits: strengthens the spine and improves balance and posture.
Balancing exercises are also brain exercises, improving focus and concentration.