

# Wild Yoga for Kids

## SPIDER

From standing:

- Stand with feet hip-width apart.
- Hinge from your hips, bend your knees and fold forward.
- Place hands on the floor in front of legs.
- Walk hands through the legs and around to the outside of each foot.
- Palms flat, fingers pointing forward.
- Inhale, lift head and lower seat.
- Exhale, lift seat and lower head.
- Do this for 2 or 3 breaths.

Hopping Spider:

- When you are comfortable in this pose, try hopping like a spider.



Benefits: improves flexibility, upper body strength, balance and coordination.