

Wild Yoga for Kids

STARFISH

End of yoga workout:

- Lay on your back, body relaxed.
- Arms at your sides a little away from your body, palms turned up.
- Spread legs out wide, as if you are a starfish.
- Feel your arms and legs relax into the floor.
- There should be no tension anywhere in your body.
- Relax in this pose for as long as you like. Feel your breath touching your nostrils on its way into and out of your body.



Benefits: relaxation, healing. This pose has the same healing effect as sleep does after all the exercise and poses.