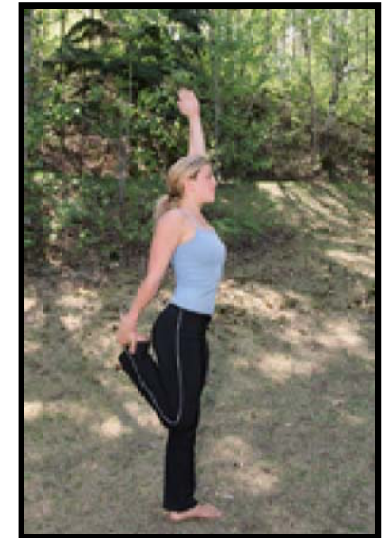


Wild Yoga for Kids

STORK

From standing:

- Stand with your weight on your left leg.
- Bend the right leg and reach back with your right hand to get a good grip on your toes, foot or ankle (whichever feels better).
- Find something ahead of you to focus your eyes on (eyes held steady helps balance).
- Stretch your left arm straight up; palm forward, fingers together.
- Push the floor away from you with your standing foot as you gently pull your heel toward your seat.
- Be still and steady for a few breaths, like a stork standing still in the water waiting for a fish.
- Repeat on the other side.



Benefits: stretches and strengthens entire body. Improves balance. Balancing exercises are brain exercises; they require and improve our powers of focus and concentration.