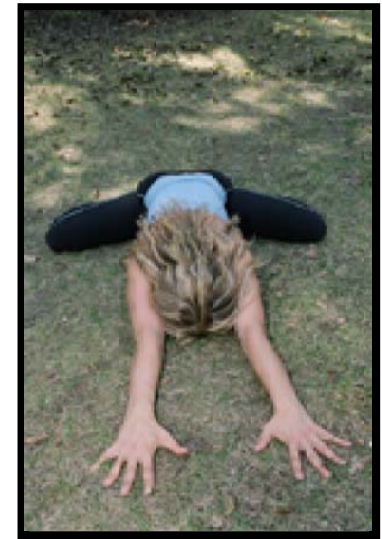


# Wild Yoga for Kids

## TORTOISE

From Frog pose:

- Keep your seat on your feet.
- Bend forward from hip joints, keeping spine flat and stretching long.
- Hands out front, walk them forward as you lower your chest to the floor.
- Be comfortable in the pose for a breath or so, and then walk yourself back up.
- Repeat once or twice.



Benefits: improves hip mobility and helps correct rounded shoulders.