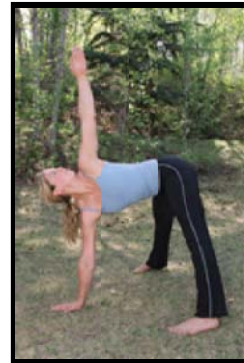


Wild Yoga for Kids

WINDMILL

From Giraffe pose:

- Walk hands until they are directly under your shoulders, feet under hips.
- Keep right hand on floor.
- Watch your left hand as you stretch your arm out to the side and up.
- Keep your arms in line with your shoulders and keep looking toward your left hand as you stretch and twist.
- Hold the pose comfortably for a breath or two.
- Lower your left arm and place the palm under your shoulder.
- Repeat on opposite side.



Benefits: releases stiffness and tension from back muscles. Improves circulation to the spine, nourishing the nerves.