

Kids



I am strong.

WARRIOR 2 POSE - BE A SURFER

Be a windsurfer gliding through the waters.

Use your strength to catch the tricky waves.

From a standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, & look forward. Switch sides & repeat on the other side.



I am kind.

TREE POSE – BE A TREE

Stretch high & spread kindness all around.

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, & balance. Switch sides & repeat the steps.



I am brave.

CHAIR POSE – BE A SKIER

Be brave & fearless as you fly down the ski run.

Stand tall with your feet hip-width apart, bend your knees, & with arms up high, reach for the sky.



I am friendly.

DOWNWARD DOG POSE – BE A DOG

Stretch like a dog wagging its tail.

From a standing position, bend down & place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head & neck, & look down between your legs.

I am wise.

HERO POSE – BE AN OWL

Be a wise owl perched on a tree branch.

Come back to rest upright on your heels, & twist your upper body like an owl. Turn your upper body one way & then the other. Take a few short, quick breaths in through your nose, & then take a long exhale.

