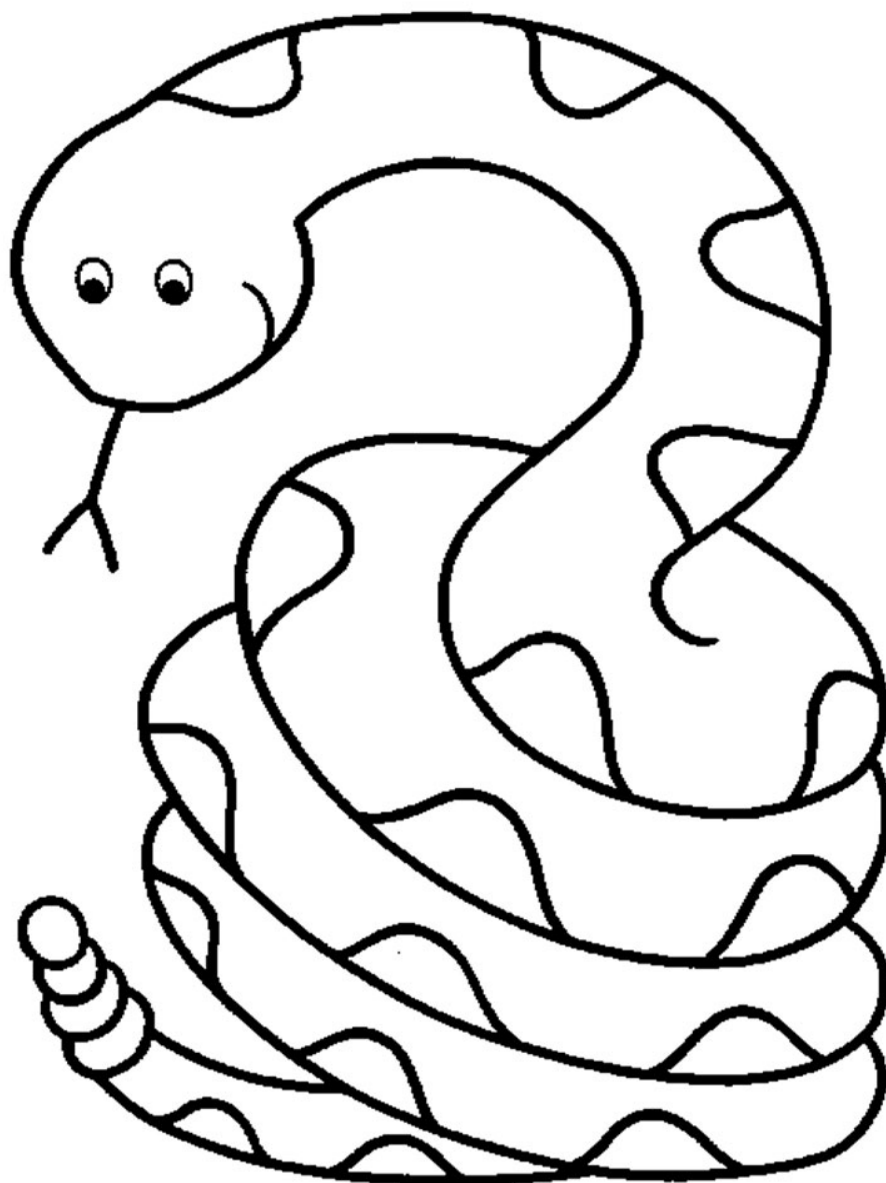


Name _____



Snake Pose

Instructions



Lie on your belly. Gently squeeze your legs together. Make your body long and strong like a snake. Place your hands under your shoulders. Inhale. Pull your shoulders down away from your ears. Lift your chest... higher and higher.

Slither out of your skin and lower back.

Exhale as you hiss the s sound of the snake. Sssssss. Stick out your tongue.

Rest. Inhale. Snake up again.

Do the snake as many times as you want too.



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