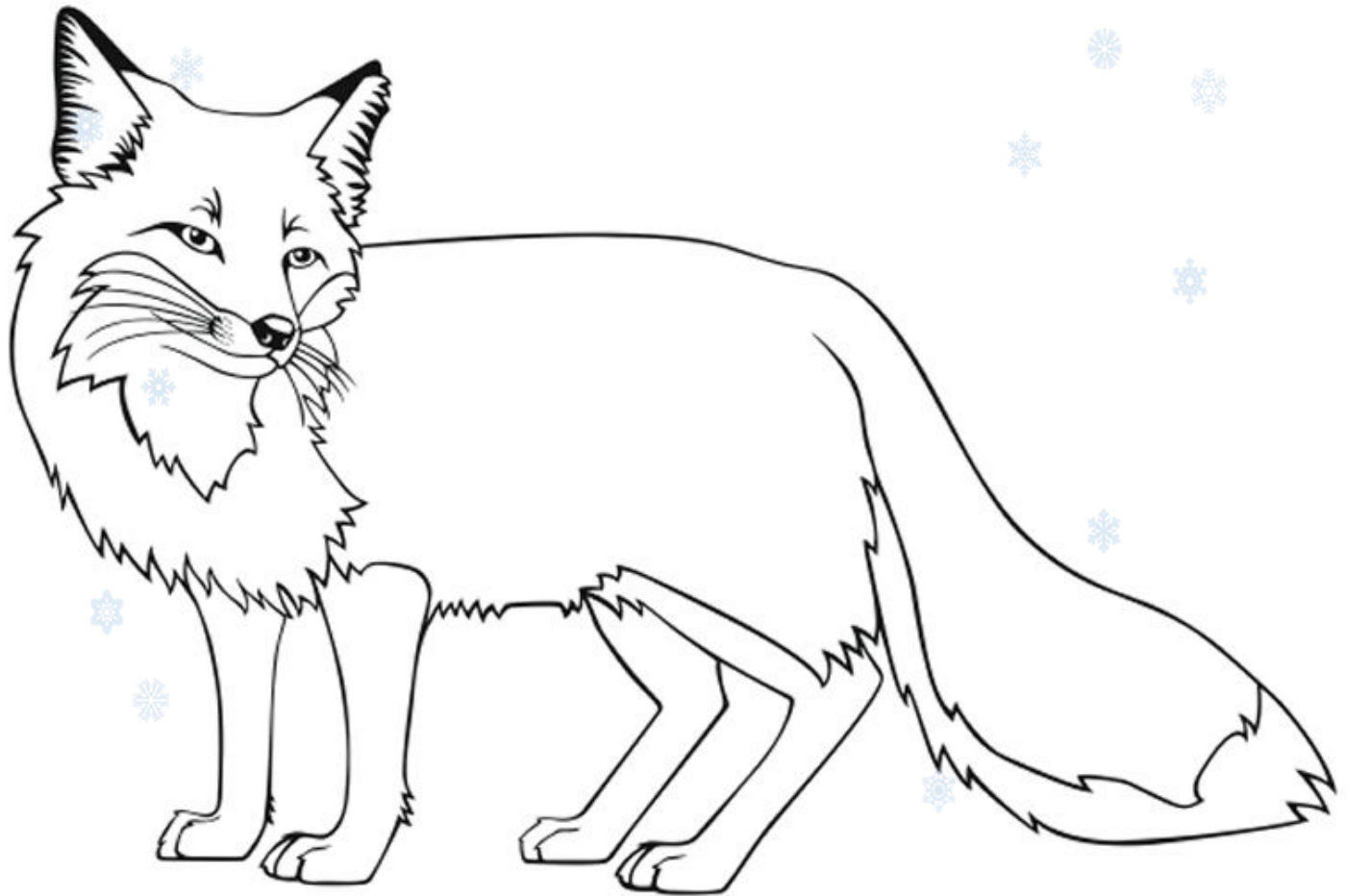


Name \_\_\_\_\_



## Fox Pose

### Instructions



1. Begin on your hands and knees in all fours.
2. Bend your toes forward. Spread your fingers wide. Press your fox paws and heels downward, as you lift your hips and tail to the sky.
3. Lengthen your spine. Stretch your arms and legs as long as possible. Release your neck and head down.
4. Lift one leg up high for a bushy fox tail

This pose strengthens the legs and arms as well as relieves stiffness in the shoulders. With regular practice, Down

Dog can also help correct curvature of the spine such as scoliosis.



**Learning Tree Yoga**

A yoga studio just for kids!  
[www.learningtreeyoga.com](http://www.learningtreeyoga.com)