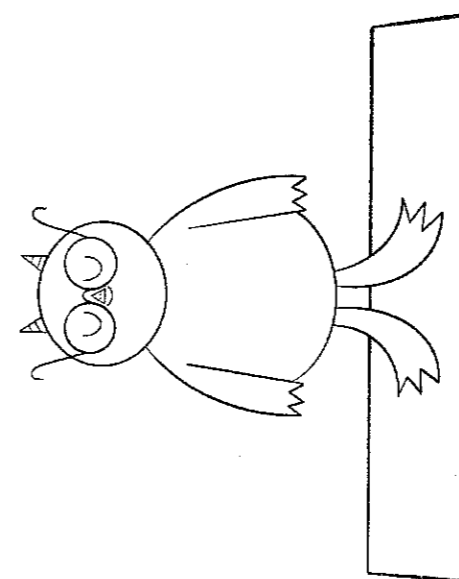


Monster Yoga

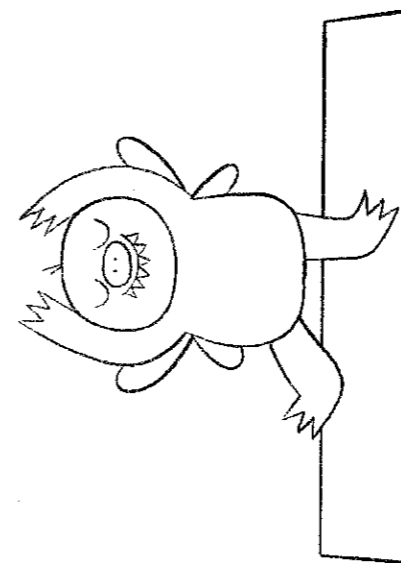
Below are some simple yoga moves. Consider the child's ability and your own yoga experience when deciding the appropriateness of incorporating yoga. Poses should be done slowly and held for short periods. Consider more training if you plan to integrate a regular yoga practice.

- 1. Mountain Pose:** Stand strong and tall like a mountain. Make sure your feet are slightly apart (hip width). Allow your body to sway back and forth gently, then stop with your weight balanced evenly between your feet. Stretch your shoulders back and straighten your arms along your sides.
- 2. Tree Pose:** Stand up tall in Mountain Pose. Look ahead and find something in front of you to focus on and help you balance (e.g., a wall or object). Slowly bend one knee, sliding your foot up the side of your other leg. Rest your foot on the inside part of your leg and imagine that your other foot is rooted to the ground. Reach your arms up like branches on a growing tree. Hold the pose and continue to look ahead. Now straighten your knee and extend your leg out to your side as you continue to balance. Next, try it with the other leg.
- 3. Warrior 2:** Start in Mountain Pose. Step one foot out in front of you and stretch your arms out, palms down, in line with our legs. Turn your back foot so that it is pointing to the side and bend that leg's knee. Look past your fingers and hold the pose. Straighten your front leg, then turn your toes back to facing forward. Now try it with your other leg.
- 4. Warrior 3:** Start by standing tall in Mountain Pose. Extend one leg back and lift it in the air as you bend forward so that your chest and leg are both parallel to the floor. Try extending your arms in front of you. Imagine that you are an airplane gliding through the sky. Then repeat with the other leg.
- 5. Cobra Pose:** Lay on your belly with your legs stretched out behind you. Place your palms next to your shoulders on the ground and walk them out in front of you. Squeeze your legs together like the tail of a snake. Press your palms into the ground and begin to lift your upper body. Gently lift your head, chest and shoulders off of the ground and squeeze your body. Look up to the ceiling and then straight ahead as your neck and arms stay straight. Hiss like a cobra!
- 6. Upward Dog:** Start in Cobra Pose. Move your hands towards your shoulders. Roll over your toes to press the tops of your feet into the ground. Push down to lift your head and shoulders high. Try to get your hips to come slightly up off the ground.
- 7. Downward Dog:** Get down on your hands and knees, like a table, with your arms shoulder-width apart. Curl your toes under and lift your tail up in the air. If that becomes easy, you can try lifting one leg up in the air behind you. To come out of the position, set your knees down and press your hips back toward your feet. You can also practice going between Downward Dog and Upward Dog in one motion.
- 8. Butterfly:** Sit down and press the bottoms on your feet together in front of your to form butterfly wings. Slowly flap up and down. Bend forward gradually and see how close you can get to smelling your feet.
- 9. Easy Pose:** Sit cross-legged and rest your hands on your knees. Close your eyes and take slow deep breaths as you relax your entire body.

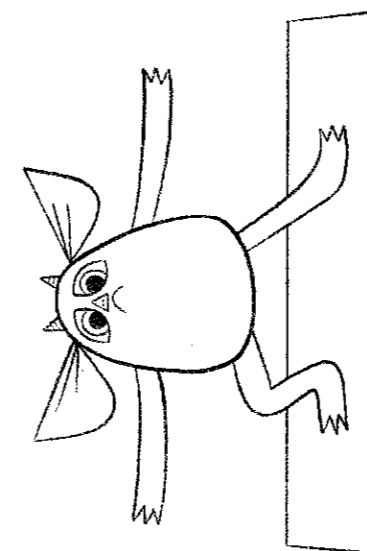
Yoga Poses



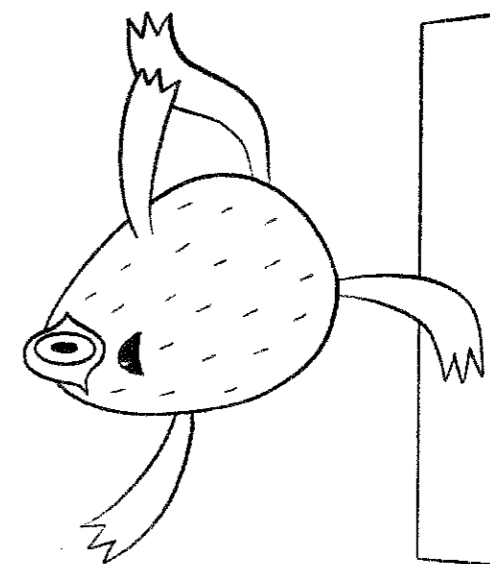
1. Mountain Pose



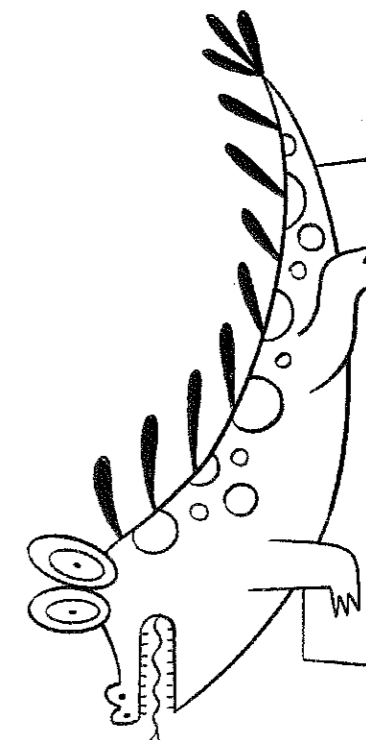
2. Tree Pose



3. Warrior Pose 2

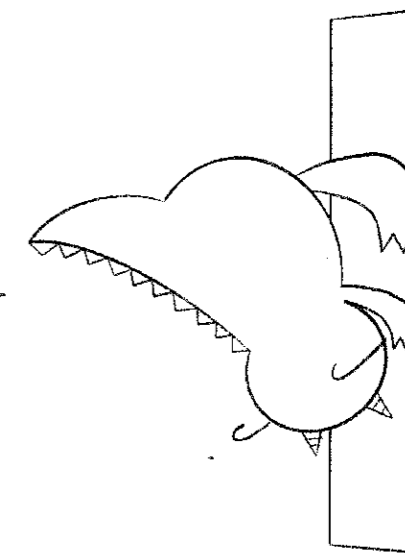


4. Warrior Pose 3



5. Cobra Pose

6. Upward Facing Dog



7. Downward Facing Dog