

Calm Yoga

I am strong

Pretend to be a surfer on the waves.

Stand side facing, legs wide apart and arms stretched out.

I am Kind

Standing tall like a tree, with your foot on your knee, spread kindness all around with your branches.

I am brave

Pretend to be a skier, be brave and fearless as you fly down the snow covered mountain.

Slightly squat down with your arms up high.

I am friendly

Stretch out just like a dog wagging its tail.

Hands and feet on the ground, with your head facing down and your hips up high.

I am wise

Can you be a wise old owl sitting on a tree branch up high watching over everything quietly?

Sitting down on your knees have your hands on your legs. Take in deep breaths and study your surroundings.

I am happy

Can you be a happy baby?

Lay on your back, bring your feet up and hold them, rolling around like a baby.

I am graceful

Be graceful like a butterfly landing on your hand. Sit on the floor bring your feet in towards your body with your knees high.



Take a photo for the Kids Gallery!