

GARDEN YOGA

Position yourself somewhere comfortable, this could be in the garden or inside your house. If your going to set up outside make sure you have a mat or towel to place down under you.

Pretend to be a tree:

Tree Pose: Stand on one leg, bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now switch to the other side.

Pretend to be a frog:

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees, touch your hands to the ground and jump like a frog.

Pretend to be a seed:

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly:

Cobbler's Pose: Sit on your bum with a tall spine. Bend your legs with the soles of your feet together, flop your legs like the wings of a butterfly.

Pretend to be a flower:

Flower Pose: Sit on your bum, lift your bent legs, balancing on your sitting bones, weave your arms under your legs, palms up, pretend to be a flower in bloom.



Take a photo for the Kids Gallery!