

Name _____

Date _____

Yoga for Kids

COBRA POSE

Cobra Pose helps to lift your mood and open your heart. Lie on your stomach with your legs and feet together and stretched out behind you. Place your palms by your shoulders and breathe in. Breathe out as you push your palms down to slowly lift your shoulders, chest, and head. Look up to the ceiling, then straight ahead. Take another deep breath in and out.



Officer Ice Cream in Cobra Pose