

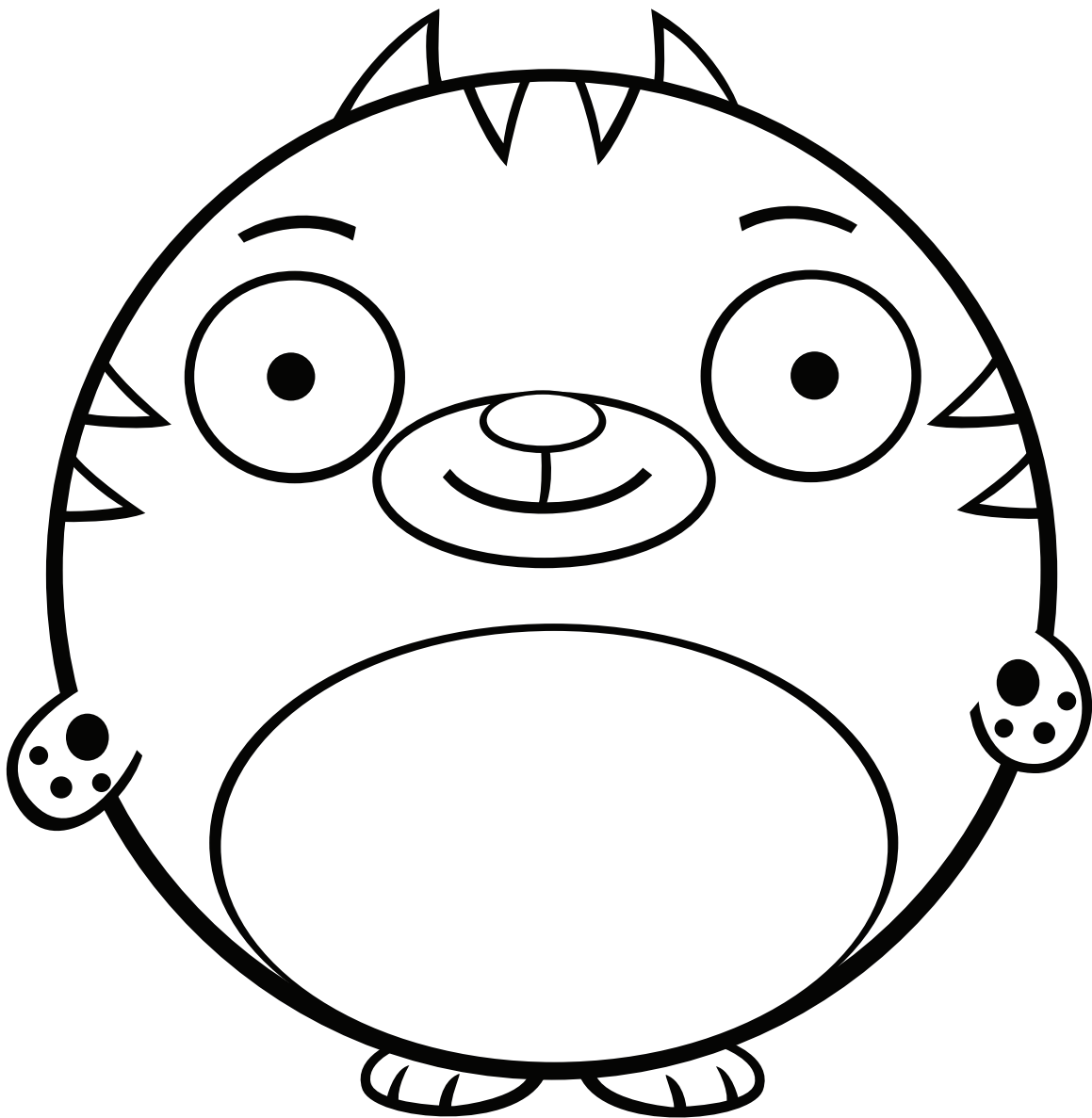
Name _____

Date _____

Yoga for Kids

MOUNTAIN POSE

Mountain Pose helps you feel strong and focused. Stand with your back straight, your shoulders relaxed, and your gaze focused straight ahead. Your feet should be as wide as your hips. Let your arms fall to your side, face your palms forward, and take a deep breath in and out.



Roly in Mountain Pose