

Nature Yoga

- Hold each pose while breathing deeply and counting to 10 slowly.
- Repeat each pose on both sides
 - Tree Pose
 - Frog Pose
 - Seed Pose
 - Butterfly Pose
 - Flower Pose

יוגה בטבע

החזק כל תנוחה תוך כדי נשימה עמוקה וספור עד 10 באיטיות.
חזור על כל תנוחה משני הצדדים



GARDEN YOGA FOR KIDS



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 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. 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 buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

