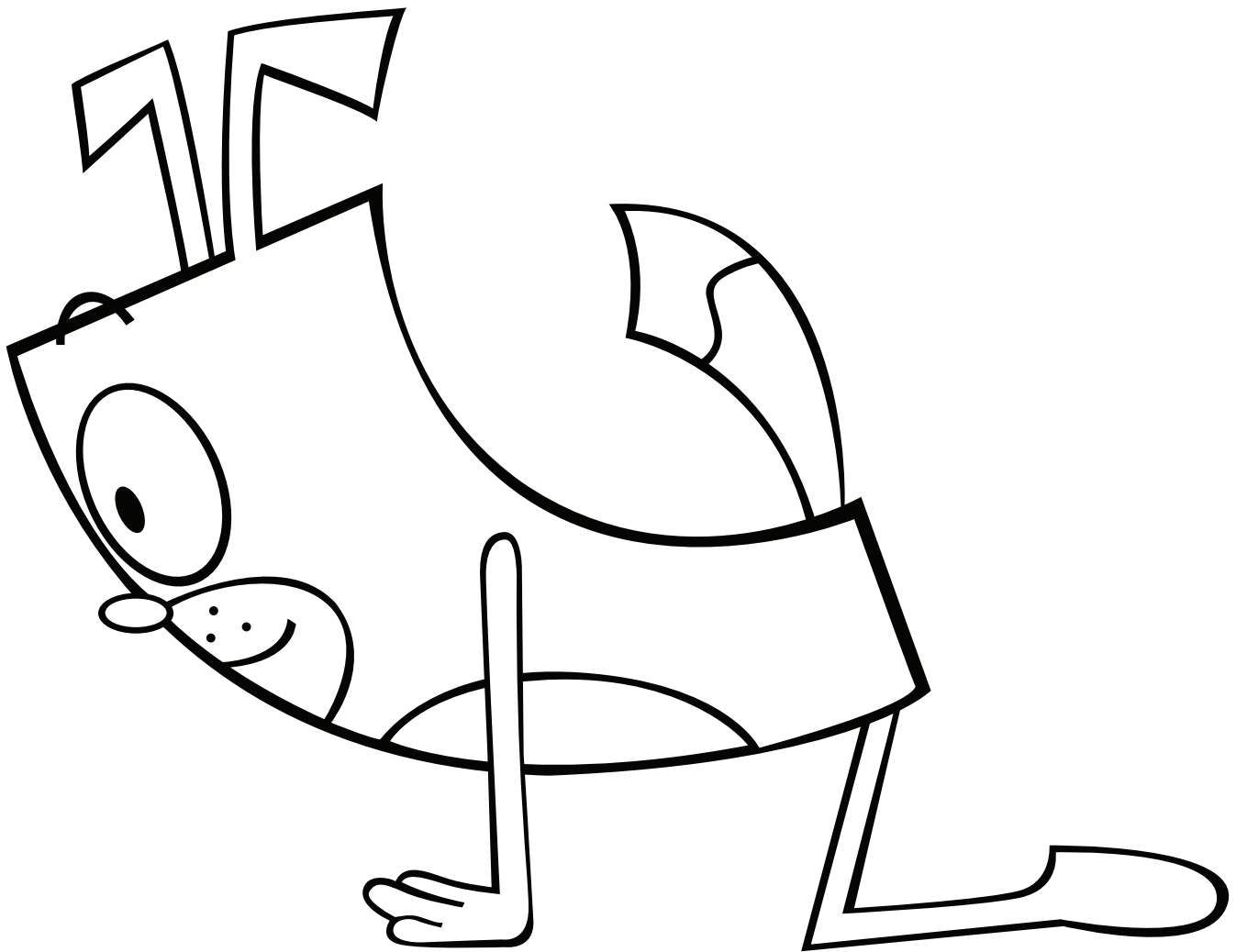Name _____   Date _____

Yoga for Kids

COW POSE

Cow Pose helps you feel peaceful and alert. Start on your hands and knees, with your arms straight, fingers outstretched. Take a deep breath and lift your chest toward the ceiling, letting your belly relax toward the floor. Lift your head so that you are looking to the horizon.

Floyd in Cow Pose