

Name \_\_\_\_\_

Date \_\_\_\_\_

Yoga for Kids

# PUPPY POSE

Puppy Pose helps you to feel safe and peaceful. Start on your hands and knees. Slowly walk your hands forward and lower your chest to the floor. Keeping your knees on the mat, gently raise your lower back to the ceiling. Take a deep breath in and out.



Birdee in Puppy Pose