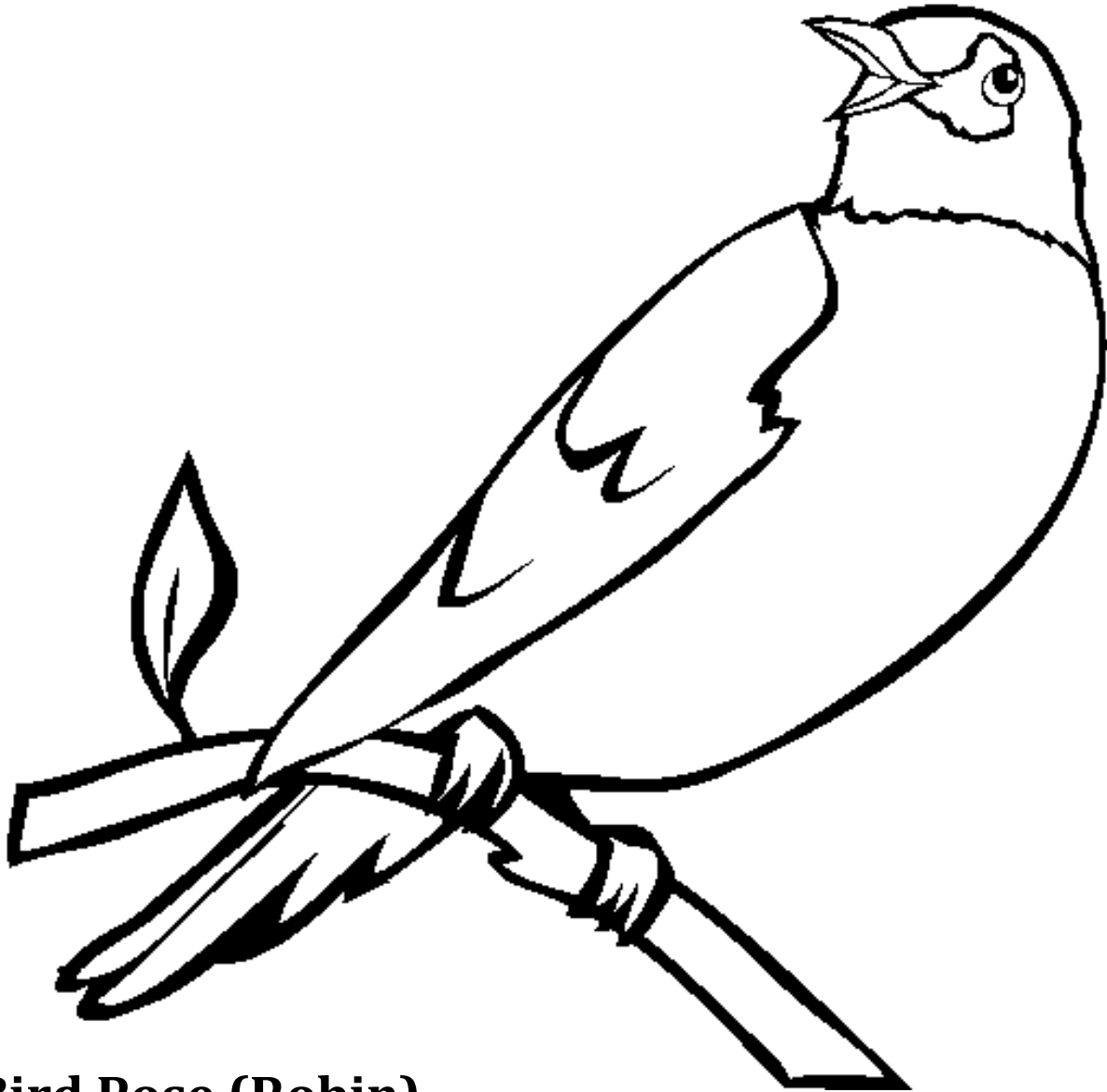


Name _____



Bird Pose (Robin)



Instructions

1. Begin in mountain pose.
 2. Spread your arms open like graceful wings as your left leg extends straight back.
 3. Bend forward at the hip hinge.
 3. Establish your balance little by little as you adjust your arms and back leg.
 4. Clear your mind and fix your attention on your breath, body and focus friend. Notice when your thoughts are scattered your pose is unsteady, too.
 5. If you feel like flying, gently flap your wings.
- Repeat with the opposite leg.



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