

A yoga sequence to open up your heart just like our green YogaBear Hata.

## LOCUST POSE

Lie on your belly and lift your chest by squeezing your shoulder blades together as much as possible while extending your arms behind the body and lifting them up slightly. To make it easier, your child can keep their arms down alongside their body and push off with their palms to lift their chest up. Breathe in and out slowly three to five times.

This pose helps improve their posture.



## BOW POSE

Begin by lying on your belly then reach back and grab your left ankle with your left hand and your right ankle with your right hand. Look ahead and breathe in to lift and open your chest as you push your feet back into your hands. Take a few deep breaths then release your ankles and lower back to the floor.

This pose helps to improve posture while opening up the chest and lungs.



## BRIDGE POSE

Lie down on your back with your arms by your sides and your hands palms down. Bend your knees and place your feet flat on the floor, hip distance apart. Keeping your shoulders and feet flat on the floor, lift your hips as high as you can. Lift your chest up to arch your spine. Breathe in and out slowly three to five times. Now let's lower that bridge. Exhale as you slowly bring your hips back to the floor. This pose strengthens the legs, back and bottom.



## CAMEL POSE

Kneel on the floor. You can keep the tops of your feet and toes flat on the floor or tuck your toes under to bring your heels closer to your hands. To warm up, place your hands on your lower back fingers pointing down. Open up your chest wide and breathe in...and breathe out.

Reach back with one hand at a time to grasp each of your heels. Press your hips forward, open your chest, and lift and lengthen your chin to the sky. Take three slow breaths and then slowly bring each of your hands on the lower back before lifting yourself up out of the pose. This helps you to strengthen and stretch.



## WHEEL POSE

Start by lying on the floor, bend your knees and place feet flat on the floor, heels as close to the tailbone as possible. Bend your elbows, fingers facing your shoulders and spread your palms flat on the floor. Evenly spread your weight across both feet. Exhale firmly press the palms into the floor and your shoulder blades against the back and lift bring the crown/top of the head onto the mat. Inhale and push your hips and bottom to the sky as you lift your head off the floor and straighten your arms. Hold for between 3-5 breaths. Inhale, chin to chest, exhale slowly begin to extend the torso and then legs onto the floor. This pose helps expand your chest and shoulders and strengthens the lower back.

