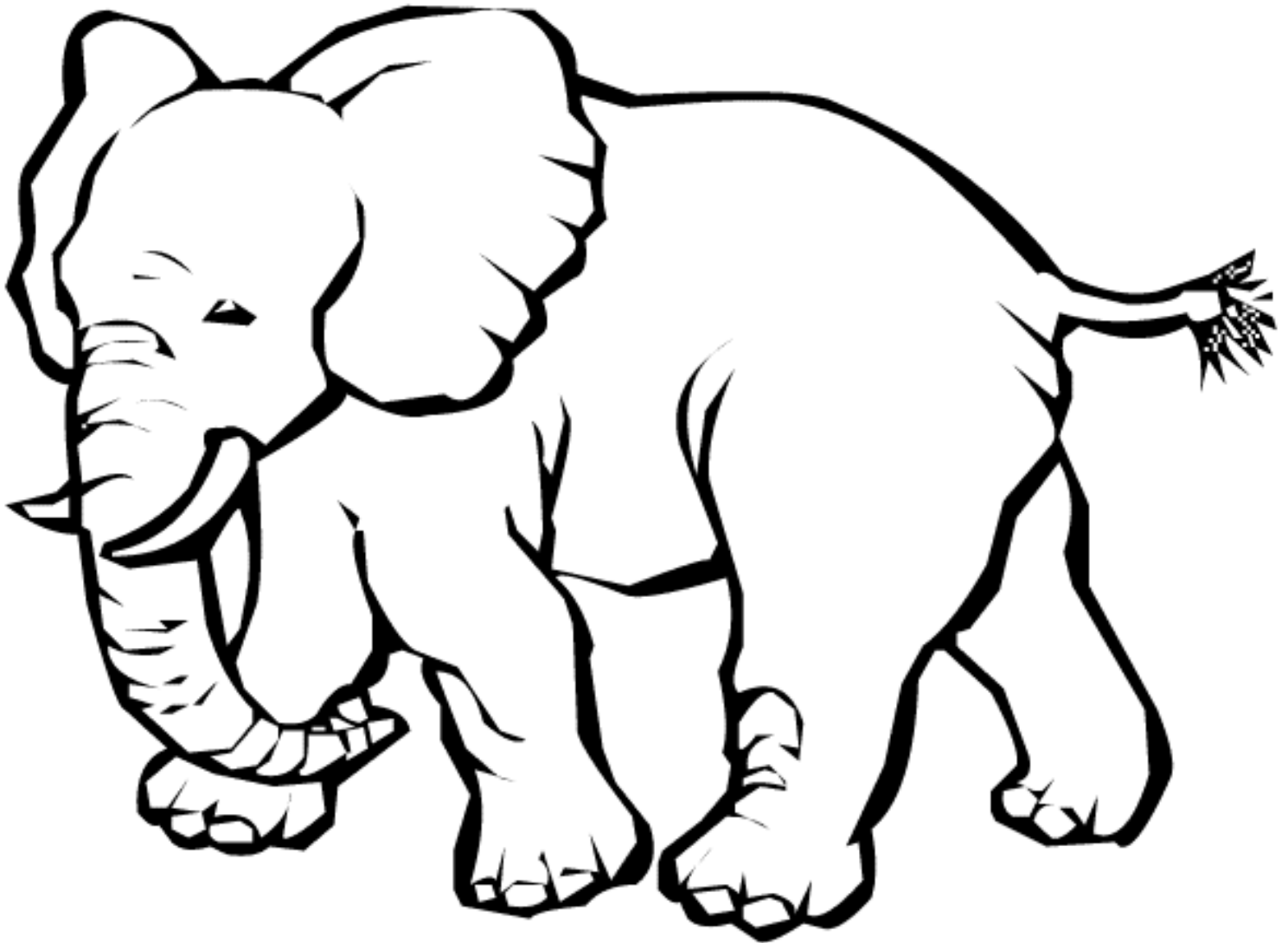


Name _____



Elephant Pose



Instructions

1. Spread your feet as wide as you can
2. We then bend all the way forward and reach for the ground in-between our legs.
3. To form the trunk of the elephant we clasp the hands together and lock the fingers.

There are many things you can do with elephant pose. We like to reach out trunks towards the ground imagining that we are sucking water up our trunks then we like to stand all the way up throwing our trunks over one shoulder imagining that we are splashing ourselves with the water we just sucked up out trunks. Or you can use your trunks to stretch out and reach for a banana or a branch to eat.



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