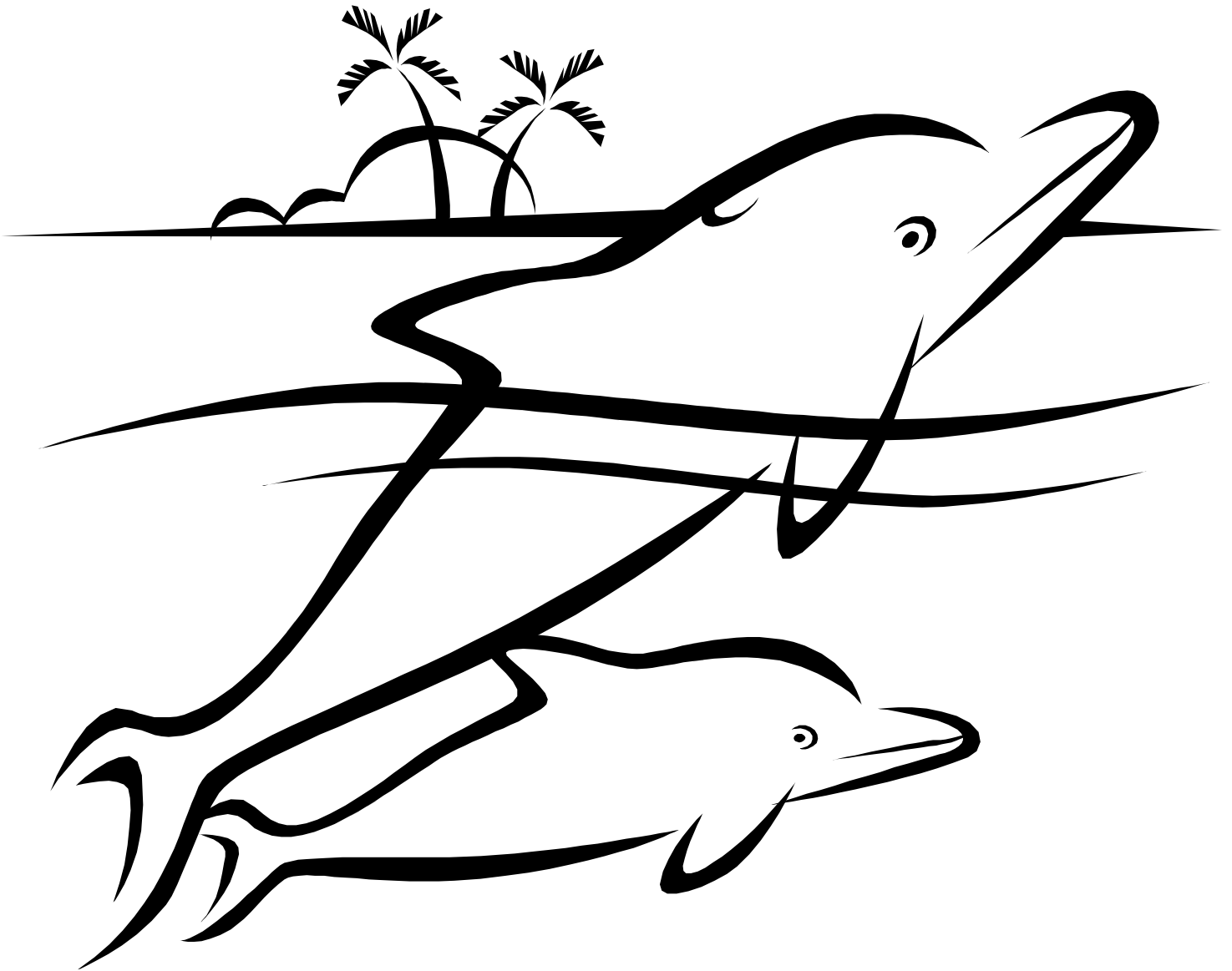


Name _____



Dolphin Pose



DAVID MARTINEZ

Instructions

1. First, come onto your hands and knees.
 2. Then, lower yourself to the ground on your elbows, intertwining your fingers and forming a triangle shape.
 3. Curl your toes under and lift your hips high in the air. Let your head hang loose.
 4. Take a deep breath in and “spout out” all of the air!
- Dolphin Pose is really good for strengthening the shoulders, the chest and building stamina. After a few breaths, you can come on down, and return to sitting.



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