



yoga FOR KIDS

A 4-H Healthy Living Program

4-H Pledge & Pose Instructions

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Chair



Instructions:

1. From Mountain Pose, raise your arms overhead so that your biceps are by your ears and your palms facing inward.
2. With your feet no wider than hip-width apart, push your hips and bottom back and bend your knees like you are going to sit in a chair. If your strength allows, lower until your thighs are nearly parallel to the floor.
3. Try to keep your torso upright and your back flat.
4. Make sure your knees stay directly over your ankles.



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