

Space Yoga

[Watch the video for this activity here.](#)



EXTENDED MOUNTAIN POSE –
Pretend to be the sun.

CRESCENT MOON POSE –
Pretend to be the moon.



WARRIOR 3 POSE –
Pretend to be a shooting star.

EXTENDED CHILD'S POSE –
Pretend to be a comet.



CHILD'S POSE –
Pretend to be an asteroid.

Bright Horizons.

World at Home