

Yoga: River Flow

[Watch the video of this yoga experience here.](#)

Step 1: Get in a comfortably seated position with open, quiet space.

Step 2: Take a few slow deep breaths. When you inhale, take your hands up and when you exhale take your hands down. Think about making a sun with your arms.

Step 3: Assume river pose: legs straight out, toes up. Gently wiggle and squirm as your hands move down to your ankles.

Step 4: Try to get your nose as close to your knees as you can.

Step 5: Take a deep breath in and flow your hands up over your head (looking towards the sun) and then exhale out hands back to your feet. Repeat a 3 times.

Step 6: Assume pretzel pose: cross the right leg over the left leg, pause, then look right. Prompt your child with questions such as, "What would you see by a river? What animals would you hear? What flowers would you smell? How are you feeling in this moment?"

Step 7: Repeat steps 3-5.

Step 8: Repeat step 6 on the other side (left leg over right, pause, then look left. Again prompt your child with questions. You can use the same ones or create your own.

Step 9: Repeat steps 3-5.

Step 10: Repeat step 2.

Step 11: Close your yoga flow. Namaste!

Bright Horizons.

World  at Home