

Table Top Pose



This is the starting position for many other poses such as cat and cow. Resting on your hands and knees, bring knees hip width apart (the feet should be in line with the knees, not splayed out.) Palms should be directly under the shoulders with the fingers facing forward; back is flat.

Cat and Cow Poses



For cat pose, while in the tabletop position, round the back and tuck the chin into the chest. For cow, sink the belly toward the floor and arch the back, looking up. Feel free to alternate between the two poses. (Meowing and mooing are optional, but strongly encouraged.) These are typically used as warm up exercises for the spine.

Standing Forward Bend



See if your child can grab her ankles by bending forward at the waist. She can also bend her knees to make it easier. This helps stretch the hamstrings, calves and hips and to strengthen the thighs and knees.