

## Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste. Subscribe to our virtue of the week via our website [www.monicabatiste.com.au](http://www.monicabatiste.com.au)

# Panda Pose



Boldly burly

standing strong

Bravely balance

sing a song

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# How to do Panda Pose



*Mountain Pose Option 1 Option 2 Option 3 (knee to chest) (knee to side) (Panda Pose)*

Begin in *Mountain Pose*, breathe in and slowly bring knee to chest, hold for several breaths, stay here for option one. Option two: take hand onto inside of leg and option three: move hand to foot and slowly stretch leg to side.

If children choose to take the challenge and sing a song while balancing, they will enhance confidence, fun, playfulness and joy.

## Benefits of Panda Pose

Strengthens legs and core. Improves flexibility in inner thigh. Improves posture.

## Virtues Developed

Confidence, focus, determination, flexibility.

Yoga is for everyone and I encourage you to continue to grow, learn and balance.

*Surround yourself with positive people, think positive thoughts and watch as life raises you towards your greatest dreams and ultimate desires.*