

## *Resting Butterfly pose*



*from Yoga for Little Bears by Monica Batiste*

### **How to do Resting Butterfly Pose**

Lie in a comfortable position, bring soles of feet together, open knees, and rest. Ask the children to imagine they are a beautiful butterfly. Ask them ‘What colour are you?’ or ‘What kind of butterfly are you?’ Encourage them to imagine they are flying from red flowers, to green, to blue, to yellow... and all the colours you can think of. Choose a colourful flower to rest on for *Resting Butterfly Pose*.

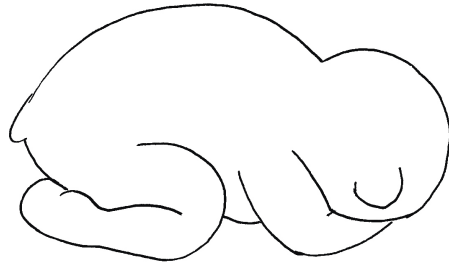
### **Benefits of Butterfly Pose**

Open hips, relaxes mind and body

### **Virtues Developed**

Peacefulness, mindfulness, imagination, visualisation.

## *Child's Pose*



*from Yoga for Little Bears by Monica Batiste*

### **How to do Child's Pose**

Sit on heels, rest head on hands or by side. *Child's Pose* is a relaxing and recovery pose.

Take several deep breaths and let tension go. Relax. Breathe. Soften.

### **Benefits of Child's Pose**

Relaxes spine and allows circulation to be restored to working muscles.

### **Virtues Developed**

Relaxation, mindfulness, self-awareness.