

# STAR POSE



## How to introduce Star to kids:

- Stand with legs wide apart.
- Reach both arms out.
- Take a deep breath in.
- As you exhale, imagine light and joy coming from your body center and shining out each of your limbs.



# STAR POSE



## **Benefits to body:**

Helps improve balance and posture.

Stretches muscles as kids lengthen in all directions.

## **Benefits to mind:**

Although this is an energizing pose, it gives kids muscles and joints so much balanced feedback that it calms kids at the same time.