

COBRA POSE



How to introduce Cobra to kids:

- Lie on your belly.
- Bring your hands under your shoulders and pull the legs together as one (like a long snake).
- Press the tops of your feet into the floor as you push your hands into the floor and lift your chest off the floor.
- Take a deep breath in, then hiss as you exhale.



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Benefits to body:

This pose stretches the core muscles, aiding in digestion. It also opens up the front of the body for deep breathing.

Benefits to mind:

Laying on and leaning into their bellies helps kids feel calm, grounded, safe and able to focus.

Note: Snakes hold special meaning in different cultures. Please adjust as needed for your family.