

# MOUNTAIN POSE



## How to introduce Mountain:

- Stand tall, legs strong and engaged. You are a mountain.
- Feel how legs are grounded on the floor beneath your feet.
- Imagine a crown on your head. A string is pulling that crown and your head up.
- Gently squeeze in your belly and put your shoulders back a bit to make your mountain even taller.
- Take five deep, slow breaths in and out.



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## Benefits to body:

This pose supports core strength, balance and helps kids feel both rooted into the ground and able to stretch tall.

## Benefits to mind:

Concentrating on stillness helps quiet the mind and promotes a deep sense of calm.

Imagining themselves as a mighty mountain gives kids a way to feel strong and secure.