

Name _____

Date _____

Yoga for Kids

WARRIOR TWO POSE

Warrior Two pose helps you to feel powerful and focused. Begin in a standing position. Looking straight ahead, take a step back with your left foot. Step forward with your right foot, bending your knee. Extend your right arm straight over your right leg and your left arm straight over your left leg. Take a deep breath.



Penelope in Warrior Two Pose