



Quiet Wings Yoga



A calm moves card

You will need: a soft spot on the floor

Four calm meadow moves. Go slow. There is no wrong way.

Butterfly Rest

Sit down. Press the bottoms of your feet together. Let your knees flap slowly, like wings warming in the sun.

Everybody can: do it in a chair - hold your arms out and flap them slowly instead.

Buddy's Big Stretch

Stand tall. Reach both arms up high, like you are about to hop over the whole meadow. Hold it while you take one slow breath.

Everybody can: reach as high as feels good - a small stretch counts the same.

Little Seed

Curl up small and round on the floor, like a seed waiting under the dirt. Breathe in. Grow up tall, one bit at a time, into a flower.

Everybody can: grow from sitting instead - start with your head down and slowly look up.

Flitter's Glow

Lie on your back. Rest your hands on your belly. Feel it rise and fall, slow and warm, like a firefly glowing on and off.

Everybody can: do it sitting up with a hand on your belly - the glow works anywhere.

Ages 3-7 - move together; rest whenever you like.

