

# ACTIVE AT HOME

## Kids Yoga—Trip To The Moon (10min)

**Equipment:** Optional 1 Yoga Block or Large Book/Household Item

**Warm up:** Basic Astronaut Training (Cardio)

### **Let's Yoga:**

Astronaut Suit On

Warrior 2 (both sides)

Rocket Ship (Chair Pose, Clasp/Point Fingers)

5-4-3-2-1— BLAST OFF!

Fly through space

Steer The Ship (Side Bends/both sides)

Dynamic Side Bends

Look Out Window (Half Moon Pose/Both sides)

Landing: Plank to Table Top

Robot: Collect Items/Take Photos

Moon Buggy: V-Sit (Bumpy) (Grab items/Take Photos)

Find A Wishing Star

Rocket Ship (Chair Pose, Clasp/Point Fingers)

3-2-1— BLAST OFF!

Fly: Warrior 3 (Both Sides)

Seated (Easy Pose)

Breathe: Deep inhales & deep exhales

### **Star Meditation:**

Be Bright ~ YOU ARE A STAR!

*GREAT WORKOUT!*

Remember to always exercise within your means. Modify or take breaks as needed!