

Bear Breath
Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grownups
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In winter, bears hibernate in caves, sleeping peacefully. Discover your own peace and balance with this special breath.

Sit up tall, close your eyes and go inside.

Through your nose, breathe in for a count of five, then hold in for a count of three.

Breathe out for a count of five, then hold out for a count of three.

Repeat for five to seven times.

Open your eyes and notice how you feel.