

## Crow Pose--Yoga

---



- This yoga position is a great way to improve arm strength, balance, and overall awareness of where your body is in space
- With your feet about shoulder width apart, squat down as far as possible
- Place your hands on the floor between your feet so your elbows are pressing against your inner thigh, just above your knees
- Spread your fingers wide and shift all of your weight to your hands, pivoting forward so your feet come off of the ground
- Hold this position as long as you can, aiming for about a minute
- Your elbows will stay slightly bent during the position, elbows pointing away from your body, knees pressing in
- It is best to do this on carpet or grass, especially when learning the position. Make sure the area is clear before you give this position a try
  
- This is good for everyone, but particularly good for helping kids learn balance. Try to see who in the family can hold the position the longest!

---

### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

---