






# *"Yoga For Young People"*

Presented by Marchell Scarano

	<h2>Mountain</h2>	<p>..stand tall, feet 2" apart , shoulders back, arms at side, grow thru spine, legs for trunk, arms for limbs.</p>
	<h2>Palm Tree .Swaying Palm Tree</h2>	<p>..stand as in mountain, interlock fingers, press palms away, raise arms over head.</p> <p>..add side bending for swaying tree.</p>
	<h2>Tree</h2>	<p>..stand tall as in mountain, bring hands to heart, balance on one foot, other foot on thigh of balancing leg, hands together over head.</p>
	<h2>Triangle .Teapot</h2>	<p>.. Stand feet wide apart, left toes turn out, right toes turn front, arms out shoulder level, lean into left side, bend and put hand on foot.</p> <p>..reverse all for other side</p>
	<h2>Frog</h2>	<p>..stand with feet apart, squat down between feet, hands together at heart, spring up hands apart.</p>