

Chapter 6 Stretch Circle



Finn: Sit down and hug your knees to your chest. Tuck your chin towards your knees. Pretend you are a seed, getting ready to grow. As you breathe in, very slowly start growing towards the sky. How does a seed unfold? How does it move as it grows? When you are standing up with your arms in the sky, sway gently in the breeze and enjoy the sunshine on your leaves!



Willy: This is Willy's Butterfly pose. Sit on the ground and place the soles of your hooves (or feet) together. Sit up nice and tall as you breathe in. As you breathe out, gently move your nose towards your toes (although don't worry if it doesn't reach that far!). Breathe in and sit up tall again. Gently bounce your knees up and down, like a butterfly's wings!