MUSICAL YOGA ADVENTURES

SNOW ANGEL

lay on back with legs on floor; arms at sides; take a deep breath and fill your belly; exhale to let all air out, repeat

Make an angel in the snow
Move your arms in the snow
Move your legs in the snow
Back and forth, here we go,
Make an angel in the snow

continue belly breathing as above

keeping arms straight,
slowly move them out and in

keeping legs straight,
slowly move them out and in

slowly move arms and legs out and in, making “angels in the snow”

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SNOW ANGEL

See them glitter, see them shine,
See the snowflakes, soft and fine

See them twinkle as they fall,
Watch the snowflakes white and small

Down they come, round they go,
Make an angel in the snow

Make an angel in the snow
Make an angel in the snow

Move your arms in the snow
Move your legs in the snow

In the snow

bend knees and place feet on ground; tuck chin and gently lift head; lift arms and wiggle fingers by knees

lift legs; alternately bend one while keeping other straight; lift head for more challenge

keeping back on ground with knees bent, let knees fall slowly to right and left, gently twisting spine

with back on ground, spread legs apart and grab feet by the inside to stretch them wide

keeping arms and legs straight, slowly move arms out and in; slowly move legs out and in

slowly move arms and legs out and in, making "angels in the snow"

resume belly breathing as above