



LOW V SIT POSE (LOW BOAT POSE)

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes
- Optional: Yoga mat or towel

Directions

- Sit straight with your knees bent and your feet flat on the floor (or mat)
- Stretch your hands out toward your legs
- Now, round your back slightly as you lean back
- Keeping your legs straight, raise your feet 6 inches off the ground and move your body into a low-V shape
- Remember to breathe and TRY to hold the pose for 30 seconds
- GREAT job! Now TRY to repeat



Always get your parents' help or permission before attempting this move.
(You never know, they may want to join you!)

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