



## Ms. Julie C.'s Yoga Poses: Five Pointed Star



### Star Pose

- Turn your toes out to a 45 degree angle.
- Keep your shoulders relaxed and press your fingertips away from each other.
- Lift up through the crown of the head.

### Modification

- You can hold your hands on your hips.

### Benefits

- Strengthens legs and arms.
- Builds confidence and stability.

### Bonus Tip!

- If you're a kid, or like to have fun, you can make your star twinkle by wiggling your fingers and toes.