Yoga is a great way to exercise and feel refreshed afterwards. It's also great for injury prevention and coordination improvement to help with baseball! Here are some fun yoga movements for you and your kids!

**BOAT POSE:**
- Come to sitting with a tall spine and your legs bent. Lean back slightly, take your arms straight out parallel in front of you, balance on your buttocks, and lift your straightened legs to 45 degree angle in front of you. Keep a tall spine and tighten your belly. Then pretend to rock in the water like a boat.

**FROG POSE:**
- Stand up tall with your arms down by your sides. Bring your arms out in front as you open your palms and straighten your arms as you step the feet apart. Exhale as you squat down to the ground, keeping your back straight and the top of your head pointed towards the sky. How many hops can your frog hop? When ready, inhale to come back to standing.

**AIRPLANE POSE:**
- Stand up tall with your arms down by your sides. Bring your arms out to the side, creating your wings. Keeping a straight back, tilt forward from the hips as you lift your left leg slightly off the ground. Point your toes and imagine a straight line from the top of your head to the tips of your toes. Help yourself balance by finding a spot to look at straight ahead. Where will your airplane fly off to? When ready, come back to standing and repeat on the other side.