


## Movement and Relaxation Yoga Skill Assessment

<b>Name:</b>	<b>skill: Frog</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
 <p>Begin in child's pose. Inhale and extend one arm at a time and come down onto your forearms. Exhale. Inhale and walk or slide the knees as wide as the heels, but still sitting on the heels. Keep your ankles and feet in line. The knees should be bent at a 90-degree angle, with the ankles straight below. Exhale. The closer your knees are to your elbows, and the farther the knees are apart, the deeper this stretch becomes.</p>	