**Butterfly Life Cycle Yoga **

**1.**

 **Curl up like an egg.**

**2.**

 **Crawl Like a Caterpillar.**

**3.**

 **Be as still as a chrysalis.**

 **Fly like a butterfly.**

***~NAMASTE~***

**How do you feel after becoming a butterfly?**

**Can you describe what you look like as a butterfly?**

**Where are you flying to? Why?**