

Ha Kriya  
Super Hero Regulation Strategy  
By Jennifer Cohen Harper

Help kids own their own power: You have to embrace your own power!

Spread feet shoulder width apart  
Bend Knees (How long can you stay here (in this position)?  
Arms extended out on both sides

Pull your “power” in (arms move to the center)  
Reach out with the palms down  
Breathe In  
Say “Ha!” as pulling the arms in towards the chest

Do 8 times

Extend arms above the head  
Say “Ha!” as pulling arms down to the shoulders

Do 8 times

Repeat pattern for 4counts, 2 counts, 1 count

Straighten Legs  
Place right hand over the heart  
Place left hand on belly  
Breathe

How’s your body doing?

Bring legs together  
Lower to sit