

Cake Pose

1. Sit with your feet together and knees open.
2. Reach up to get flour and pour it into the bowl.
3. Reach up to get water and pour it into the bowl.
4. Grab a pretend spoon and stir in each direction.
5. Lift your arms like an oven door and fold forward.
6. Count to five as the cake bakes. Ding!
7. Sit up to open the oven door. Smell the aroma!

