

## Tiny poses

**M**elissa Scheinberg and Talia Shoshany are tangled up in two, perfecting the world's latest yoga pose—a complicated stance that involves shaking hands while grasping your partner's foot. “Nice to meet you,” giggle the 10-year-olds.

This is not your parents' pose—and that's the point. The benefits of this kid-oriented exercise, a mix of basic yoga and creative activities, include enhanced flexibility and strength; children also learn to relax and focus. Melissa and Talia are part



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**MOMMY AND ME.** A 6-year-old with mom in a pose

of a group, ages 5 and up, who gather with their mothers for 45 minutes of fitness and frolic at Next Generation Yoga in New York. They start off cross-legged, swirling their upper bodies around—“stirring their favorite soups”—

and twist into camels and pretzels. “It’s more about a yoga frame of mind than form,” says teacher Jodi Komitor. Still, pediatricians caution that supervision is key, as growing bodies aren’t meant to do all poses. —C.K.