

## Motherhood Moments #4

Sometimes motherhood looks like this...



I often ask myself why I don't work out often enough and then I try to work out and I quickly remember why...clingy toddlers. Do you know how hard it is to transition from Chaturanga to upward dog with a toddler on your back? No? In this photo I am attempting a down dog with a high leg but Adah is riding the leg that needs to go up. She knows how to turn basic yoga into a Crossfit workout!