

YOGA POSES FOR KIDS



Monkey pose



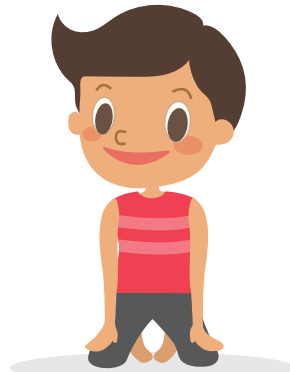
Cow pose



Flamingo pose



Camel pose



Lion pose



Cat pose



Dog pose



Snake pose



Giraffe pose



Frog pose



Butterfly pose

For children, it's important to keep the practice fun and not to hold poses for too long, as they may become restless. Encourage them to breathe naturally and to enjoy the stretch and sensation each pose brings.

Cow Pose: Start on hands and knees in a tabletop position. Make sure the knees are set directly below the hips and the wrists, elbows, and shoulders are in line and perpendicular to the floor. As you inhale, lift your sitting bones and chest toward the ceiling, allowing the belly to sink toward the floor. Lift your head to look straight forward. Hold for 1 to 3 breaths.

Flamingo Pose: Stand on one foot, find a focus point for balance, and bend the other knee, bringing the foot up to the inner thigh or calf (avoid the knee). Bring palms together at heart center and then slowly raise them above the head, keeping the palms touching. Stand tall and hold for 3 to 5 breaths before switching sides.

Camel Pose: Kneel on the floor with knees hip-width apart. Press your shins and the tops of your feet into the floor. Place hands on the back of your hips with fingers pointing downward. Lean back, with your chin slightly tucked toward your chest. If comfortable, reach back to hold onto your heels. Hold the pose for 3 to 6 breaths.

Lion Pose: Sit comfortably, either on your heels or cross-legged. Press your palms against your knees with fingers spread wide. Inhale through the nose, and then exhale forcefully out of your mouth, sticking out your tongue and making a 'ha' sound. Look towards your eyebrows or the tip of your nose. Repeat the roar 2 or 3 times.

Cat Pose: Start in tabletop position just like for Cow Pose. As you exhale, round your spine toward the ceiling and imagine you're pulling your belly up towards your spine. Release your head toward the floor, but don't force your chin to your chest. Hold for 1 to 3 breaths.

Dog Pose: From your hands and knees, exhale and lift your knees away from the floor. At first, keep the knees slightly bent and the heels lifted off the floor. Then, try to straighten your legs and push your heels downward. Hold for 1 to 3 breaths at first, then try to work up to holding for 5 to 10 breaths.

Monkey Pose: Begin in a sitting or standing position. Lift your right arm overhead and out your left hand on your stomach. Hold for 3 breaths. Switch and hold your left arm up and right hand on your stomach. Hold for 3 breaths.

Snake Pose: Lie flat on the stomach with hands under the shoulders, elbows close to the body. Press into the hands and lift the chest off the ground, keeping the neck elongated. Hold for 1 to 3 breaths before gently lowering back down.

Giraffe Pose: Stand with feet hip-width apart. Reach one arm up towards the sky while stretching the other out to the side, turning your head to gaze up at the raised hand. Hold for 3 to 5 breaths, then switch sides.

Frog Pose: Come to a deep squat with your feet wider than your hips, and hands on the floor in front of you for balance. Press your elbows against your inner knees. Hold this pose for 3 to 5 breaths.

Butterfly Pose: Sit with a tall spine, bend your knees, and bring the soles of your feet together. Hold your feet with your hands and gently flap your knees up and down like the wings of a butterfly. Hold for 3 to 6 breaths, encouraging the children to imagine the gentle movement of butterfly wings.