

# FLASHCARDS

# YOGA FOR KIDS



## TREE

Stand with your feet slightly apart, in line with your shoulders. Bring your hands together in front of your heart and lift up your left foot, bending your knee as you do so. Place your left foot on the inside of your right ankle, calf or thigh. Now repeat on the other side. Your body should be relaxed, while maintaining your balance. This pose is great for improving concentration, focusing on oneself, strengthening the legs, and practicing balance.



## STANDING FORWARD BEND

Stand with your feet apart, flat on the floor. Slowly bend forwards with your arms stretched out but not rigid, until your palms touch the floor between your legs. Now relax your body. This pose stretches all the muscles in the back and the back of the legs.



## STANDING FORWARD FOLD

Stand up straight with your feet slightly apart. Slowly fold forwards and try to touch your ankles. Press your heels into the floor, pull your tummy in, relax your neck and back, and look at your feet or legs. The standing forward fold helps to calm the mind and stretches all the muscles in the body.



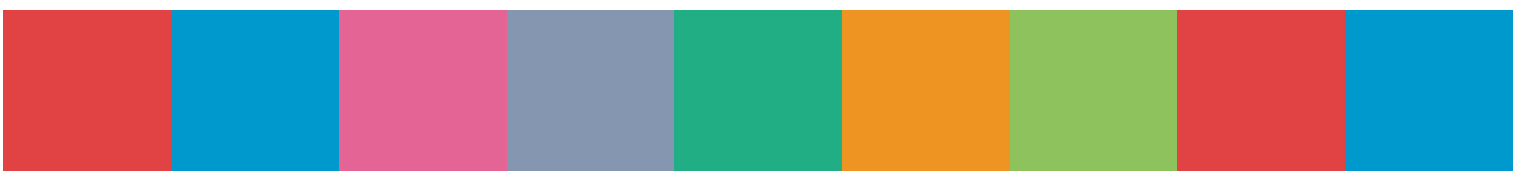
## TRIANGLE

Stand up with your feet apart, wider than your shoulders. Draw your right hip back and bend sideways over your right thigh, continuing to look straight ahead, until your right hand touches the floor. Stretch your left arm up towards the ceiling. Now repeat on the other side. This pose helps kids to find their centre of gravity, understand how to align their hips and shoulders, and strengthens their legs and back.



## NAMASTE

Stand with your legs straight and feet slightly apart; keep your knees relaxed and your back straight. Take a deep breath and bring your hands together in front of your heart, with your fingertips pointing outwards or upwards, and say "Namaste" out loud. This pose helps kids to focus and relax, and is usually done at the beginning and end of a sequence.



## MOUNTAIN

Stand up straight with your feet together and flat on the floor. Let your arms fall to your sides. Lift your arms sideways until your hands touch above your head, with your palms facing upwards. Breathe in and at the same time lift your heels off the floor and balance on your toes. Relax your body, tuck your tummy in and squeeze your buttocks. Look straight ahead. The mountain pose helps improve balance, stretches all the muscles, and strengthens the hips, buttocks and abdomen.



## WARRIOR

Stand up straight with your feet apart, wider than the shoulders. Turn your left foot outwards, at the same time bending your left leg and turning your hips in same time direction. The opposite leg should be straight. Return to the initial position and repeat on the other side. The warrior pose helps strengthen all of the muscles.



## CHAIR

Stand up straight with your feet slightly apart. Reach your arms up alongside your ears (or to where you can without forcing them), with your palms parallel to each other. Bend your knees and sit your hips back, keeping your back straight. Your back, neck and head should be relaxed. Look straight ahead. The chair pose helps to strengthen the abdomen and buttocks, and stretches the muscles in the back.



## FROG

Stand up straight with your feet wide apart. Slowly lower into a "squat", keeping your feet firmly on the floor and your toes pointing slightly outwards. Tuck your tummy in and bring your palms together in front of your heart, with your fingers pointing upwards. Relax all of your body, especially your head, neck and shoulders, keep your back straight and look straight ahead. The frog pose helps stretch the muscles.



## LION

Sit back on your heels with your hands on your thighs and your arms relaxed. Open your mouth, stretch out your tongue, and let your breath out through your mouth with a loud "ROAR!" Look straight ahead. Your head, neck, shoulders and entire body are alert, yet relaxed. The lion pose is great for self-confidence, relieves stress and anger, helps kids understand how to breath correctly, and increases muscle tone.



## DOWNWARD DOG

Start on your hands and knees. Tuck your toes under and move the weight of your body forward onto your hands. Your arms should be stretched out, but not rigid. Straighten your legs and lift up your buttocks. Look between your legs. Your back and neck should be relaxed. The downward dog pose stretches out the back of the legs, strengthening the arms and lengthening the spine.



## CAT

Start by kneeling on all fours, with your hands and knees pressed firmly on the floor. Slowly arch your back as you inhale and lift your head to look forward. Now round your back upwards as you exhale and look towards your belly button. Your head, neck and back should be relaxed, and your tummy tucked in. The cat pose loosens the spine and teaches kids regulated breathing.



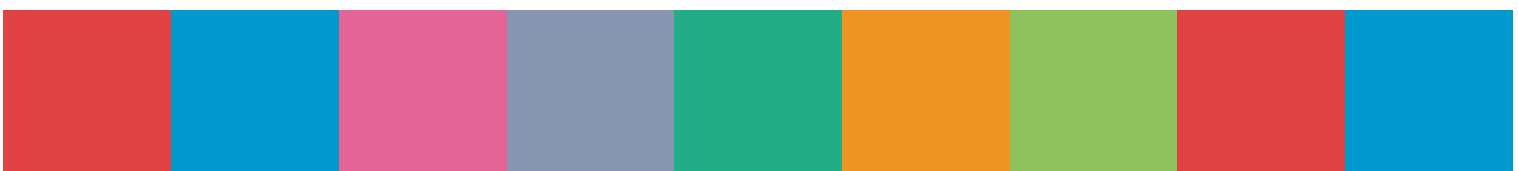
## COBRA

Lie on your tummy and bring your hands under your shoulders. Keeping your elbows slightly bent, slowly lift your head, then your chest, and then your tummy. Squeeze your buttocks. Rest your weight on your arms, which should be straight or slightly bent, and hands. The head, neck and back should be straight, but not rigid. Look straight ahead and keep your hips and legs on the floor. Your face should be relaxed, with a smile. The cobra pose helps to stretch the chest, and improves flexibility and posture.



## HALF LOTUS

Sit with your legs crossed and your hands on your knees, palms up. Your back, neck and head should be straight, but not rigid. Press your hip bones down into the floor and look straight ahead. The half lotus improves concentration and breathing, as well as strengthening the pelvic floor muscles.



## BOW

Lying on your tummy, bend your knees, with your legs slightly apart, and reach your hands back and grasp your ankles or toes. Now arch your body like a bow about to shoot an arrow. Your head, shoulders and back should be relaxed. Look straight ahead and slightly upwards. The bow pose increase spine flexibility.



## BUTTERFLY

Sit on the floor, bend your knees, and draw your heels toward your groin, keeping the soles of your feet together. Join your hands to hold your feet. Your shoulders, neck and head should be straight, but not rigid. Gently move your knees up and down as if your legs are butterfly wings. The butterfly pose helps kids to relax, as well as stretching the spine and inner thigh muscles, and relaxing the hips.



## CANDLE

Lie on your back with your arms by your sides. Lift your legs into the air above you, tucking your tummy in and pointing your toes. Keep lifting your body until it's as straight as a candle. Bend your arms and place your hands on the lumbar region to support your back. Your head, neck and shoulders should be relaxed. Now breathe. Return to your starting position. The candle pose stretches the muscles in the back of the neck and strengthens the abdominal and back muscles.



## GREETING

Sit cross-legged and put the palms of your hands together in front of your heart. Now say "Namaste". Your back should be straight, your head, neck, and shoulders relaxed, and your tummy tucked in. Variation: You can put a pillow under your buttocks to help keep your back straight. This pose helps kids to relax and focus.

