

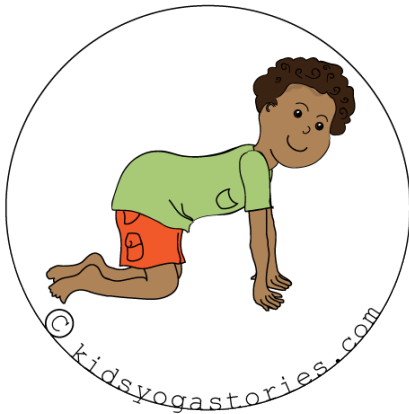
YOGA POSE SEQUENCE FOR YOUNG CHILDREN



Child's Pose:

Mouse, Rock, Snail, Hedgehog

(Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body or straight out on the floor in front of you, and take a few deep breaths. Close your eyes if you'd like.)



Cow Pose:

Cow, Wolf

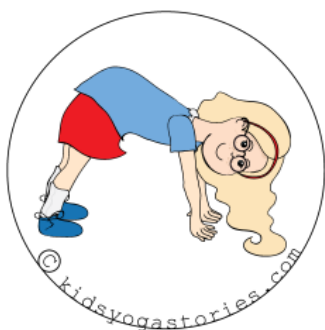
(On all fours, look up, arch your back, and open your chest as you breathe in.)



Cat Pose:

Tiger, Sheep, Jaguar, Leopard, Cougar

(Still in an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat. Exhale here.)



**Downward-Facing Dog Pose:
Dog, Tunnel, Mayan Ruins**

(From all-fours, put your palms flat on the ground, tuck your toes under and straighten your legs. Create an upside-down V shape with your bottom high in the air. Relax your head and neck, and look down between your legs.)



**Standing Forward Bend:
Waterfall, Jellyfish, Rag Doll**

(From Downward Dog, walk your feet up to meet your hands, reach for your toes, and sway your arms like a jellyfish.)



**Mountain Pose:
Helicopter (swinging arms), Bird
(flapping arms)**

(Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Hands may also be brought together at the chest, swung like a helicopter, reaching up high, etc.)



**Crescent Moon Pose:
Moon, Banana**

(From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side.)



Tree Pose:

Tree, Stork

(Stand on one leg, bend your knee, place the sole of your foot on your inner thigh – avoiding the knee joint - and balance. Sway like a tree and feel free to grow branches with your arms. Repeat on other side.)



Dancer Pose:

Ballerina, Super Hero, Ostrich, Emu

(Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the inside of your foot into your hand. Use your foot to push your hand back as you reach up and out with your opposite hand to balance. Repeat on other side.)



Warrior 2 Pose:

Surfer, Archer, Snowboarder, Skateboarder

(From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms out, parallel to the ground, make sure your front foot is pointing straight forward, bend

your front knee, and look forward. Repeat on opposite side.)

Warrior 3 Pose:

Scuba Diver, Bird, Airplane, Swimmer

(Stand on one leg. Extend the other leg behind you, toes pointing straight down. Bend your torso forward and take your arms out in front of you to pretend that you are gliding through the water or flying in the air. Repeat on opposite side.)



Triangle Pose:

Sailboat

(From a standing position, step one foot back, placing the foot facing slightly outwards leaving your front foot pointing straight ahead. Take your arms out parallel to the ground, bend at your waist, tilt your upper body, reach your front hand toward that forward facing foot and tilt to gently rest it on your shin, and reach your other arm straight up. Repeat on other side.)

Downward-Facing Dog Pose:

Dog, Tunnel, Mayan Ruins

(From all-fours, put your palms flat on the ground, tuck your toes under and straighten your legs. Create an upside-down V shape with your bottom high in

the air. Relax your head and neck, and look down between your legs.)

Upward-Facing Dog Pose:

Sea Lion, Walrus

(Lay on your belly. Place the palms of your hands next to your shoulders and look straight ahead. Then straighten your arms and puff out your chest.)



OR

Bow Pose:

Sleigh, Bow

(Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.)



Legs up the Wall Pose:

Library books, Candle

(Lie flat on your back with your bottom up against a wall. Extend your legs up straight towards the sky, making an L shape with your body. Flex your feet, keep your legs together, spread your arms out to either side, and keep your neck in a neutral position. This can also be done without a wall to increase core strength and focus.)



Seated Forward Bend:

Rowing, Sandwich

(Come to sitting on your bottom, with your legs straight out in front of you. Bend your torso forward while keeping your spine straight. Dangle your arms in front of you

reaching for your toes while relaxing your body.)

Easy Pose:

**Resting, Cloud, Washing Machine
(twist upper body)**

(Sit comfortably cross-legged, and rest your hands on your knees. This pose can be used for breathing exercises, meditation, or as a twist – start on the right side and repeat on the left.)

OR

Corpse Pose:

**Resting Pose, Do Nothing Pose, Snow
Angels, Sunbathing**

(Lie on your back with your arms and legs stretched out. Breathe and rest.)