



Yoga for Children

Sit with your legs crossed.

Imagine a cable is pulling you straight up, so sit up nice and straight and tall.
Your bottom, bones should be balanced on the floor

RIDE YOUR BUMPY CAMEL: Begin by sitting with your legs crossed. Take hold of your outside ankle. This is your saddle. Breathe in deeply as you stretch your body forward, chest and stomach out. Breathe out as you slump back, spine curved, chest is caved in. Keep moving this way faster and faster.

Now, imagine you are holding a **FLOWER** in one hand and a **CANDLE** in the other. Let's talk a deep breath and smell the beautiful flower, now turn your head and blow out the candle. (Repeat slowly 5-6 X)

Now, let's twist like a **PRETZEL**. Hands on opposite knee, now look over your shoulder behind you, try to turn all the way around. (Stretch both ways and hold stretch)

Now, let's pretend you are a **BUTTERFLY**.

- Bend your knees, draw your feet towards you, and place the soles of your feet together.
- Hold your feet with your hands to connect the butterfly wings (your bent legs)
- Slowly flap your 'wings' lifting and lowering your bent legs
- Do you have antennae? Or wings? Let's see you pretend.

Now we are, **THE BIRD**.

Sit with your spine straight, soles of feet together

- Clasp hands behind your lower back and pull shoulder blades together slowly; head tilted back, eyes looking up.
- Hold, then release, relaxing shoulders, back, body. (Repeat several times.)

-Next try raising clasped hands behind back, looking up and bending head and body down and forward. Hold and then return to upright position.

BUMBLE BEE

THE OWL

Sit cross-legged. Hands, at side, palms on floor.

-Turn head to look to one side over shoulder. (Repeat several times)

WASHING MACHINE

DRYER

DRIVING MY CAR

-Sit on the ground with your legs out in front of you. Imagine your right foot is on the gas pedal and your left foot is on the brake pedal.

-Fasten your seatbelt, start the engine by turning the imaginary key, then take hold of the imaginary steering wheel in front of you.

-Move your 'sitz bones' (those two bones you can feel under you when you are sitting) alternately forward to move yourself (and your 'car') forward. Don't let go of the steering wheel or you might get a ticket!

TRAIN

SANDWICH POSE

-Sit with legs straight out in front of you and your upper body perpendicular to your legs. Imagine that your legs are a slice of bread and you are going to build a sandwich. *Why, look, all the sandwich ingredients are on the top shelf, so reach up with both hands to get the first item. Spread the first item over your toes, ankles, shins, knees, and thighs. Now reach for the second item, what is it? Turkey, mayonnaise, peanut butter, jelly?

-Put the fixings on your legs by touching each body part to cover the entire slice of bread.

-Now put the two slices of bread together. Try to put the piece of bread on your upper body on top of the piece of your lower body. Reach your hands straight up overhead, then lower yourself down, down, folding your whole body in half at the hips. Reach your hands towards your toes as you put the top part of your sandwich on the bottom part. If you can't reach your toes, place your hands on your shins. Smooch your sandwich really tight.

BALLOON BREATH

-Sit with your legs folded and crossed, and your back straight.

-Put the palm of our hands together at the center of your chest.

-Close your eyes, and begin by taking three big balloon breaths.

-Here's how: When you breathe in deeply, raise your arms up above your head in the shape of a big balloon.

-Then breathe out and bring your arms back down so that your palms are together at the center of your chest again.

-Do this at least three times

Balloon Breath is a centering exercise. It attunes you to yourself and keeps you focused.