

# yoga for kids

1



swastikasana

- Hands in front of your chest
- Say om 3 times



tadasana

- Feet together, steady, tall & firm like a mountain
- Hold for 20 breaths



urdhva  
hastasana

- Raise the arms up



urdhva  
baddhanguliyasana

- Interlock your fingers
- Turn the palms outwards
  - Inhale
  - Arms up
- Then up to tips of toes
  - Look in front
- Stay for 20 breaths

# yoga for kids

2



urdhva namaskar

- Join the palms in front of chest
- Reach up and join hands above the head
  - Stay for 20 breaths
  - Repeat



utkatasana

- Bend the knees
- Keep the heels on the floor
- Lift the chest upwards
- Stay for 10 breaths



vrksasana

- Stand in Tadasana
- Bend & lift 1 leg up
- Hold ankle, point toes down
- Take hands out to side & reach them up
- Keep elbows straight & firm
- Repeat other side

# yoga for kids

3

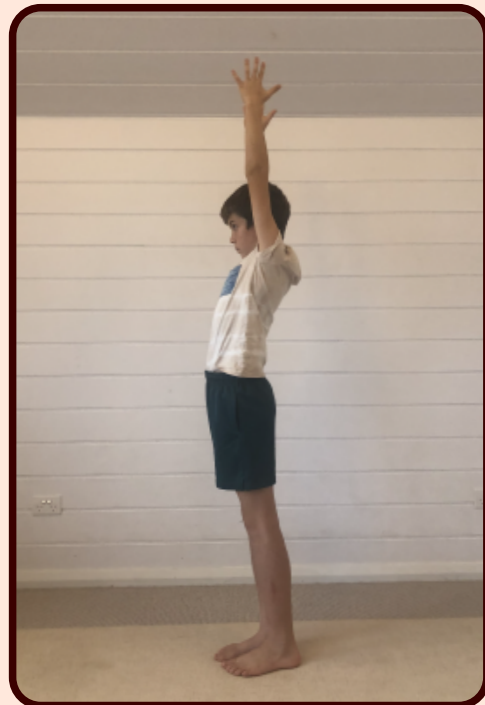


KING OF THE BIRDS

garudasana



high jumps



urdha hastasana

- Bend one knee on top of the other
- Bend one elbow on top of the other and press the palms together

- Jump your legs out wide
- Arms and legs moving together

- Arms up
- Legs straight

# yoga for kids

4



uttanasana

- Arms down
- Head down
- Legs straight



prasarita padottanasana

Repeat 10 times  
Urdha Hastasana → Uttanasana



trikonasana

- Stand in Tadasana
- Hands in front of chest
  - Jump out
  - Arms out
  - Turn to right
  - Go down
- Stay for 15 breaths

# yoga for kids



virabhadrasana II

- Stand in Tadasana
- Jump out
- Bend your front knee



dandasana



malasana I



malasana II

5

# yoga for kids



DOG  
POSE

adho  
mukha



arm balance  
preparation

- Arms straight
- Step both legs up the wall
- Raise one leg up at a time



full arm balance

-

# yoga for kids

7



head stand



shoulder stand



savasana

Great work! 