

yoga for teenagers

1



1 adho mukha vrksasana

- Full arm balance
- Go up, come down x 10



2 salamba sirsasana

- Head stand - Try: head off the floor / head on the floor
- Keep elbows in
- Lift up through legs



3 tadasana

- Still, quiet & stable



4 namaskarasana

- An acknowledgement
- A gesture of arrival or departure



5 parsva hasta padasana

- Jump legs out
- Turn to the right side



6 trikonasana

- Keep legs and arms straight

yoga for teenagers

2



7 virabhadrasana II

- The second warrior pose
- Front leg bent to a square
- Back leg straight



8 parsvokanasana

- Hands go down



9 ardha chandrasana

- Balance on one leg
- Arms & legs straight



10 vrksasana

- Steady, straight and quiet

yoga for teenagers

3



11 urdhva mukha svanasana

- Arms & legs straight
- Lift the chest



12 dhanurasana

- Hold the ankles
- Abdomen keep on the floor



13 urdhva dhanurasana

- From the floor lift up



14 eka pada dhanurasana

- Raise one leg up

yoga for teenagers

4



15

drop backs

- Tadasana
- Arms back
- Tadasana



yoga for teenagers

4



15

drop backs

- Tadasana
- Arms back
- Tadasana



yoga for teenagers

5



16

vasisthasana



17

adho mukha svanasana



18

bakasana



19

savasana