Big Yoga Posture Book
The information provided in this book is to provide guidance to help you teach kids yoga. The authors and publisher are not liable for any damages or negative consequences from any action you take as a result of learning about the postures and ideas in this book.
Always take care when you practice yoga and when you teach it to children!
Hello!

Welcome to the Cosmic Kids Big Yoga Posture Book!
We hope that this collection of kids yoga poses will be your trusty companion, reference book and inspiration while you are out in the world sharing the wonderful benefits of yoga with kids.
With lots of love from the team at Cosmic Kids,
Namaste!
Top tips for instructing yoga postures to kids:

**Focus on participation rather than perfection.**
In a yoga class, kids will generally do their best to copy you but they won’t do it perfectly. Just let them interpret what they’re seeing and hearing and don’t get hung up on correcting them. As long as they are ending up in the rough shape of the pose, let them get on with it!

**Try and do both sides in a pose**
It’s good to get this balance for the body. If you like, you can make the second side different to keep things interesting. When I do tree for example, I play the game of seeing if I can blow them down on the first side, and then on the second side I might challenge the kids to close their eyes and see if they can count to 10.

**Don’t worry about lefts or rights**
Lefts and rights can be confusing for kids – and even for the teacher :-) – so don’t worry about which side you or they are doing, just do the pose. They will watch you to see which leg or arm to use and copy you.

**Repeat the posture name to help kids learn it**
Using door as an example, you might say, ‘we open up the door... Door.... we come to two knees and reach one arm up to the sky then we oooooop over to the side to open our door!’ That really helps fix the pose in everyone’s memory. Next time they’ll follow you even more easily.

**Give encouragement**
Tell all the kids how well they are doing when they are in the posture! It makes them feel confident - they’ll love doing the pose in the future.

**Make poses interactive**
Encouraging the kids to come up with ideas and get involved with each pose is a great way of building engagement in the class. You might ask the kids to tell you the colour of their butterfly’s wings or ask them what they want to put into a sandwich when you’re doing seated twists preparing a picnic.

**Ask for feelings**
Ask the kids what sensations they are feeling as they are doing a pose. I like to do this when we’re doing standing spin – I often use this as storm in a story – and it’s amazing what they say. “I feel like my arms are going to fall off!” “I feel like I’m flying!” It’s a great way of checking into feelings and sensation.
**Give names to characters**
This is especially useful when you’re doing postures which are named after animals. So when you want to do an eagle pose, for example, try calling your Eagle ‘Edward’. It will give that posture a whole new personality. For me, giving a name to something means I want to give it a voice as well – and all this brings the posture to life.

**Use sound effects and songs**
Sound and songs make your poses more fun. So when the door opens it might CREAK or OOOOOOP to open, and the plane goes NEEEOOOW as it goes over, and as you cycle your bicycle legs (imagine these are my legs) you might sing ‘Roly-poly up up up. Roly-poly down down down. Roly poly ever so slowly. Roly poly roly poly quick quick quick!’

**Play with words to enhance actions**
Use words that expand on the action of any pose for example in bird we might ‘tweet your arms’ or in Butterfly we might ‘flutter your knees’, or in elephant ‘trumpet your trunk’.

**Add to the character of the pose with extra actions**
Kids yoga postures aren’t set in stone – we can add special moves to them to add character. For instance while we’re being a mouse we might stroke our whiskers or nibble on some cheese, or if we’re a dog we might wee on a lamppost.

**Count in to poses**
Use a count of 1, 2, 3 before launching into a pose so that everyone does it together. This creates lovely anticipation and stillness before a big movement. This is great for monkey jumps and lion pose, and - of course – 1, 2, 3… Namaste.
Vasisthasana/Side Plank **Aeroplane**

**Instruction into Pose**
We come to our knees and take our arms out wide. We drop down onto one arm and wave at the sky. Then we bring our foot in front of our knee and shoot our back leg out to the side, and we go neeeoooorrrrr. First one way and then the other.

**Anatomical Focus**
Strengthens the arms, torso, legs and wrists.

**Teaching Tips**
★ This pose is challenging for coordination so break it down into steps.
★ For little ones (under 4 years) modify the pose, staying high up on the knees and just use the arms.
★ Great to use with older kids - they love the challenge.
★ It’s a transport pose, so use it to go anywhere in the world or make an exciting journey home.
Instruction into Pose
Sitting up tall, taking our legs out in front. We reach forward grabbing our big toe with two fingers and thumb. Draw it up and in towards you, taking aim with the arrow – we hold our other toe to keep the bow steady. Piowwww!

Anatomical Focus
Opens the hips, strengthens the core and a great stretch for the arms and legs.

Teaching Tips
* Looks easy, but is quite a challenge. Try and keep the torso lifted.
* It’s great for hip mobility, so concentrate on the first part, hooking the big toe and drawing the knee back.
* Great to use with older kids when the limbs have grown to more even proportions.
* Bend the knee of the lower leg if it’s too much of a stretch to reach it.
* Alternatively you can use Surfer pose (Warrior II) for an archer pose.
Prasarita padottanasana/Wide leg forward bend  Bat

Instruction into Pose
Turn around so we face the wrong way. Legs come a little bit wider, so when we bend forward, put our hands on our legs to steady ourselves we are little bats hanging upside down and can see each other!

Anatomical Focus
Stretches and strengthens the legs and good for headaches too.

Teaching Tips
- Wide leg forward bends calm busy minds.
- The weight of the head and top half of the body can cause kids to topple over. Have them place their hands down on the floor to steady themselves.
- Also watch that legs aren’t taken too wide - kids love doing this, but they lose their balance very easily.
- It’s confusing to start with - turning the wrong way but a brilliant surprise for the kids when they realise they can see you (and the world) upside down!
Bear Walks

Instruction into Pose
Pressing into our hands and feet we lift our bottom to the sky, now we come right up onto our tiptoes and take a walk on the wild side like a bear!

Anatomical Focus
Cross crawling - improves coordination and integration of the two hemisphere’s of the brain - for balance and spatial awareness. Strengthens the feet, shoulders and calves. Releases the lower back.

Teaching Tips
- A fun inverted transport pose to get you from A to B.
- Try doing this all around the room - coming off mats - the kids love it and it will make the most of the movement.
- Encourage the kids to spread the fingers wide and place their whole hand (rather than tipi fingers) on the ground - making bear paw prints as they go.
Instruction into Pose
Lying on our back we put our hands behind our head to lift our shoulders, then we pedal our bicycle with our legs saying roly poly up up up, roly poly down down down, roly poly ever so slowly, roly poly roly poly quick quick quick!

Anatomical Focus
Strengthens the core and obliques. Stretches the hamstrings as you pedal and press up through alternate heels.

Teaching Tips
* Great transport pose - quite a calming one, and kids love bikes!
* Saying the rhyme with it gets the children doing a good amount of lifts and cycles.
* Have older children (7 years +) take opposite elbow to knee as they cycle to work on their obliques.
* Younger children tend to pedal their legs without lifting their shoulders.
**Boat Navasana**

**Instruction into Pose**
Sitting on our bottoms, we lift up one foot, then the other foot, now one hand and look...no hands! Give me a wave!

**Anatomical Focus**
Tones the core and strengthens the lower back and kidney area.

**Teaching Tips**
- The younger they are the more likely they will roll backwards when they take their hands off the floor, but they love the challenge of eventually becoming strong enough to stay up. Good for building determination.
- Another great transport pose.
- Can also be a partner pose by sitting opposite each other and putting the feet together, then reach forward to hold hands - lean back to lengthen the spine and lift the chest.
- Sitting in a long row (side by side facing the same way) in boat pose can make a ship or Viking boat.
Instruction into Pose
Standing tall and proud, one foot forward, one back, reach out and forward with one arm then we draw our other elbow back pointing both arms skyward... Goooollllld!

Anatomical Focus
Opens and stretches the chest. Strengthens the shoulders and improves upper body posture.

Teaching Tips
* As you draw the second arm back you can also bend into the back knee, stretching the front leg.
* Encourage big strong and long breaths in this pose to soak up the moment and build that cool Usain Bolt confidence.
Bowl Dhanurasana/Bow Pose

**Instruction into Pose**
We lie on our tummies and flick our feet up towards our bottoms. We reach around with one arm and take hold of our ankle, getting a good grip. Then reach round with the other hand and take the other ankle. We kick our legs into our hands, and feel our chest and heart lift up.

**Anatomical Focus**
Opens heart and shoulders. Builds strength in the back muscles & stretches the entire front of the body: ankles, groins, hip flexors, thighs, abdomen, chest & throat.

**Teaching Tips**
- Encourage calm breaths in the pose to take the struggle out of it.
- Can also be a sleigh, sledge, a basket or a nest.
- Have fun tipping from side to side while holding the ankles, to stretch further.
- For little ones who have trouble reaching their ankles - they can hold the bottom of their trousers/pants.
Purvottanasana/Upward Plank Bridge

Instruction into Pose
Sitting on our bottoms, with our knees bent, feet flat and hands behind us - fingers pointing towards your bottom. Press into your feet and lift your hips up to the sky making a bridge.

Anatomical Focus
Strengthens the arms and wrists as well as the core, neck and legs.

Teaching Tips
► Can also be a table, bed or a crab playing musical statues - many uses!
► Good counter pose to forward bends to lift and open the chest.
► Try and keep the neck long, or if the head goes back, open the mouth.
► When I use this pose for table, I go round and ask the children what is on their table - a bowl of fruit, a chocolate cake or maybe a drawing they’ve just done. Anything goes!
Bumble Bee Brahmari/Bee Breaths

Instruction into Pose
Taking a deep breath in, we close our ears and eyes and hum a buzzy bumble bee breath out. Humming our lips makes them feel all tickly!

Anatomical Focus
Calms the nervous system, expands lung capacity and strengthens the voice.

Teaching Tips
- Closing the eyes, intensifies the sensations and encourages a more inward personal experience with the sounds and vibrations.
- Use the fingers lightly to press the ears closed, rather than sticking fingers right into the ear canal.
- You can encourage the children to use a range of pitches with their bumble bee hum to notice different places in their bodies where they feel the sound vibrations - usually higher, you feel it in your head, and lower more in your belly.
Bus/Bumpy Truck

Instruction into Pose
Sitting with our legs out forward and holding the massive steering wheel we bump and bend our legs as we steer side to side stretching each way as we go, up hills (leaning back) and down hills (folding forward).

Anatomical Focus
Stretches the sides of the body. Releases the hamstrings. Strengthens the core with leaning back going uphill and lengthens the spine folding forwards.

Teaching Tips
* A transport pose, so useful for getting from A to B.
* Putting your seatbelt on (both ways) will add little side twists.
* Try a song: We’re going over to one side (reach up and over) brrmm, brrmm. We’re going over to the other side, brmm brmm, We’re going down a hill (fold forwards) brrmm brrmm. We’re going up a hill (lean backwards) brrmm brmm.
Bunny Hops

Instruction into Pose
Hands down flat, arms straight, we tuck our legs up behind us and spring both feet up together like bunnies bouncing

Anatomical Focus
Strengthens the arms, upper body and core.

Teaching Tips
★ This is a preparation for handstand. Encourage little bounces to start with to build the strength in the arms and shoulders.
★ A safe way to start is from a crouched position, then tipping and transferring the weight forwards onto straight arms.
★ Keep the feet tucked, rather than flicking them up and out with the hop. Lots of kids, when they get over zealous try this and it often throws their balance and causes a flip over.
★ You can use it as a transport or travelling pose too - and do fun little bunny hops all around the space.
**Baddha Konasana Butterfly/Book**

**Instruction into Pose**
Sitting tall, bring the soles of your feet into touch and flutter your knees up and down like a butterfly’s wings.

**Anatomical Focus**
Opens the hips. Stretches the inner thighs and groin. Stimulates the kidneys and bladder.

**Teaching Tips**
- Many kids have the flexibility in their hips for both knees to sit comfortably on the floor - encourage them to take the pose on, opening their feet like a book and taking the chest down towards the feet.
- To make this into a ‘Book’ pose, start sat with the feet flat and knees bent. Place hands on knees and guide the knees open - like you are opening a book. Keep the spine long.
- Go round all the children and ask what colour their butterfly is (see next pose).
Butterfly Wings  Upavistha Konasana B

**Instruction into Pose**
We can lift up one wing to see what colour it is, 1,2,3 wow... red! And the other wing, 1,2,3 amazing ...gold. What about both wings together?? Let’s try, 1,2,3 wow... every colour in the rainbow!!

**Anatomical Focus**
Strengthens the core. Stretches the hamstrings. Improves balance.

**Teaching Tips**
- Ask the kids to suggest the colour of their butterfly and then after a count of three we unfold the wing – lifting and stretching the leg to reveal the colour they have suggested.
- You can do one wing or leg at a time or both if you really want to challenge the balance.
- Sitting up tall, using the core and lengthening the spine all help to keep you upright and balanced when both legs/wings are up.
Instruction into Pose
We start by kneeling, staying low on our heels or coming up higher. Then we put our hands round to our lower back and press our bottom forwards, lifting our hearts to the sky, looking up we do a great big pppppbbbbbqbwbwbwwklsnk, (blow a raspberry) just like a rude camel!

Anatomical Focus
Stretches the front of the body, opens the chest and strengthens the back and legs.

Teaching Tips
⭐ Encourage the children to breathe and release tension with the raspberry blowing.
⭐ Counter camel pose with mouse pose – child's pose.
⭐ Keep the hands pressed into the lower back to maintain the support.
Instruction into Pose
Lying flat on your back, arms out wide, lift your legs and feet up to the sky. Your toes are the flickering candle flames. Can you blow them all out?

Anatomical Focus
Calms the mind and stimulates the thyroid. Improves digestion and helps with headaches and sinus issues.

Teaching Tips
* Takes everyone to a lovely calm place, so a great one to use towards the end of a story or class.
* If there is wall space you can have the children put their legs up the wall.
* You can go round all the children and ‘light their candles’ by massaging and lightly patting the soles of their feet.
* When it’s time to lower their legs ask them to do a big blow and see if they can feel their breath on their feet, blowing the candles out as they lower them slowly to the floor.
**Instruction into Pose**
On all fours, round your back up, then down, wagging your pussy cat tail.

**Anatomical Focus**
Stretches the spine and engages the core.

**Teaching Tips**
- Works well as a warm-up move at the beginning of a story to wake up the spine and core for the yoga that’s coming.
- Pair and alternate it with cow pose - lifting the tail and heart. You can make the arched spine an angry cat and the tail/chest lifted a happy cat - wagging our tails.
- Use it with long breaths to release tension.
- Combine with dog, mouse and snake to make a good warm-up preparation sequence.
Chair Utkatasana

Instruction into Pose
Standing with your feet together, or a little apart, bend your knees and lift your arms, sitting down into your chair.

Anatomical Focus
Strengthens the legs, shoulders and core. Builds heat and increases heart rate. Good for flat feet and stretching the achilles tendon.

Teaching Tips
⭐ Kids often struggle with this. They stick their bottoms out and lean forward onto their thighs. Try and encourage a lifted chest, a smile on the face and tucking that tail under. Not easy - but persevere.
⭐ Keep the breath flowing and easy.
Climbing

Instruction into Pose
Standing tall, using opposite arm to leg we climb up singing up we go, up we go, up we up we up we up we go.

Anatomical Focus
Cross crawling improves coordination, integration of both hemispheres of the brain and spatial awareness.

Teaching Tips
★ Try pausing in the climb to add a little balance challenge.
★ A handy way to get up trees, ladders or beanstalks.
★ Useful as part of warming up.
★ Singing the song gets the kids joining in too.
Instruction into Pose
Sitting tall, we cross our legs, then we keep walking our bottom foot round until we stack our knees. We stretch one arm up and one arm out to the side, then we pat ourselves on the back with the top arm and try to find our fingers behind our back with our other hand.

Anatomical Focus
Stretches the hips, shoulders, ankles and thighs.

Teaching Tips
★ Break it down into steps to get everyone into the position gradually. It can be a bit of a coordination challenge.
★ Help to make it slow by mooing once you’re in the pose and then add some chewing while you hang out in it for 30 seconds or so.
★ Nice to open out into butterfly wings after this to counter the stretch in the hips.
Purvottanasana/Upward Plank Crabs

Instruction into Pose
Sitting on your bottom, with your knees bent, feet flat and hands behind you. Lift your hips up and digga, digga digga over to one side, then the other (maybe kicking a leg up at the end if your crab is playing football!)

Anatomical Focus
Strengthens the arms and wrists as well as the core, neck and legs.

Teaching Tips
🌟 Kids adore this move, so use it frequently.
🌟 Counter pose to forward bends.
🌟 Useful as part of warming up - it lifts everyone’s energy and alleviates fatigue
🌟 Use a sound effect going side to side to give it a bit of character ‘digga digga!’ is the one that popped out with me on this one!

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Instruction into Pose
Lie on your side with your arms long over your head. You can open your crocodile jaws by opening your arms or feet, then clapping your hands (or feet) back down together.

Anatomical Focus
Improves balance. Strengthens the core. Stretches the sides and torso.

Teaching Tips
★ If you open your arms to make the crocodile jaws, try also wiggling your feet (keeping them together) to make a wiggly tail, and vice versa.
★ Crocodile can be a nice alternative relaxation pose - for kids who prefer to lie on their side.
★ Make crocodile more challenging by lifting the top leg up straight - this works the hips and tones the inner and outer thighs.
★ Sometimes crocodile can be a variation of plank pose - top of a push-up.
Instruction into Pose
Squatting down high on our tiptoes, heels touching, we place our hands down flat. We get our knees resting on our arms above our elbows, then we tilt forwards maybe lifting one foot, and the other too!

Anatomical Focus
Strengthens the core and wrists. Stretches the upper back and groins.

Teaching Tips
★ Have the kids use a pillow or coat under the head area as often kids collapse and topple forward onto their chin.
★ This works well with kids aged 6 + years when the wrists and arms have more strength.
★ If you claw the fingers into the mat, it takes a lot of pressure off the wrists.
Instruction into Pose
Standing tall, take hold of one leg and try not to wobble. Lifting your other arm up to the sky, kick your back foot into your hand and tilt forwards... still not wobbling! Looking graceful like a dancer. And the other side too... One to practice!

Anatomical Focus
Improves balance and concentration. Strengthens the legs and ankles. Stretches the shoulders, chest groins and abdomen.

Teaching Tips
★ Focus on a spot in front of you to help with the balance.
★ Keep kicking your lifted foot into your hand - it stabilises you and takes the stretch deeper.
★ Remember to smile in this pose, like a graceful dancer.
★ Wobbling is fine - we all start somewhere and will get better with practice.
★ Try the pose next to a wall for something to hold on to.
Marichyasana III/Sages Pose Deer/Goat

Instruction into Pose
Sitting tall, legs out long, we bend one knee up. We hug that knee, then placing our hand behind us, bring our other elbow round to the outside of the knee – looking back over our shoulder like a watchful deer.

Anatomical Focus
Stimulates the brain. Improves digestion. Alleviates fatigue. Strengthens and stretches the spine and shoulders.

Teaching Tips
★ It’s a coordination exercise getting into this pose, so break it down into stages.
★ Make sure you do both sides to keep everything even.
★ If getting the elbow onto the outside of the knee is too tricky, try just hugging the knee into the chest and twisting from there.
★ Twists are stimulating – they also help release toxins from the liver and kidneys and negative thoughts.
★ Keep the spine long.
Dinosaur  Wide leg forward bend

Instruction into Pose
Standing up, legs wide, bend forwards and take hold of your ankles. Lift up one foot after the other going clump, clump, clump, clump like ginormous dinosaur footsteps.

Anatomical Focus
Releases the lower back and improves co-ordination and balance.

Teaching Tips
★ Can also be a giant or monster - or anything with big clumpy footsteps for that matter!
★ I usually like to go from this rather large move into a small quiet one like mouse pose (child’s pose).
Adho Mukha Svanasana/Downward Dog

Instruction into Pose
We press our feet and hands into the floor as we lift our bottoms to the sky, going woof woof, then maybe lifting our leg into the air like a tail and giving it a waggle... and ooops... cocking our leg to do a wee wee on a lamp post! Psssss

Anatomical Focus
Stretches the shoulders, spine, hamstrings, calves, arches, and hands. Strengthens the arms and legs. Wakes up tired minds, helps with sinus issues and improves digestion.

Teaching Tips
☆ Line everyone up in their dog poses to make a tunnel.
☆ Add some nice quick abdominal breaths in the pose as if you were a panting dog.
☆ Combine with cat, snake and mouse for a good warm-up sequence.
☆ Can also be a pyramid, tunnel, fox or wolf.
☆ When I use this pose for a wolf we drop down into upward facing dog as we howl to the moon.
Instruction into Pose
Coming onto your hands and knees. Clasp your hands together and come further down onto your elbows. Rock forward and backward over your arms making your best happy dolphin clicking noise.

Anatomical Focus
Builds strength in the shoulders and upper arms. Engages the core and calms the brain.

Teaching Tips
☆ Staying down on the knees keeps this pose manageable for everyone. If you have a class of stronger older children, you can increase the challenge of the pose by lifting the knees off the ground and extending the legs straight as in downward dog.
☆ Shark pose is a good one to pair with dolphin to work the antagonist back muscles.
Handstand Preparation  Donkey Kicks

Instruction into Pose
Pressing into your hands and feet like dog pose, we tilt forwards so our arms are straight, then we spring up one foot at a time, like a donkey doing a kick... on our way to handstand!

Anatomical Focus
Strengthens the upper body. Improves body awareness.

Teaching Tips
✶ Lots of fun, but be careful with kids who kick up too hard and collapse - encourage gentle kicks up!
✶ Use a wall with older kids and be ready to spot them as they kick up.
✶ Often the arm strength and stability in the shoulder girdle isn’t able to support their weight, so be prepared to lift them from the calves to take off pressure and stop them from collapsing down onto their heads.
✶ I tend to do this with kids aged 5 years +
Instruction into Pose
Coming down onto one knee, lift and extend your arms and link your thumbs together, making a fan with your fingers like a dragon's haircut. Take a big breath in through your big dragon nostrils and open your mouth, sticking out your tongue as you breath out dragon fire!

Anatomical Focus
Stretches the hip flexors and thighs. Strengthens the shoulders, core and legs.

Teaching Tips
☆ Make sure to do it on both sides - dragons always strike twice and kiss on both cheeks!
☆ This is very similar to horse pose - with the added fire breath and stretch in the hands as you open and fan out the fingers, it becomes a very effective dragon.
Dragon Fire Breaths

Instruction into Pose
We criss cross our fingers, underneath our chin. We take a big breath in and lift our elbows to frame our face. As we breath out we lift our head and open our mouths to the sky to let the air out like we are dragons breathing fire, letting our elbows come back down.

Anatomical Focus
Calms the nervous system. Releases tension.

Teaching Tips
★ Great as a preparation breath exercise when you have to be brave in a story or you need to steady yourself.
★ Try making the eyes as wide as possible too.
Instruction into Pose
Lie on your tummy, legs out long. Hands flat beneath your shoulders. Lift up one leg as much as you can, bending from the knee. You can use the other foot to wedge the top leg up to help it stay there.

Anatomical Focus
Stretches the hip flexors, abdomen and thighs. Strengthens the back and legs. Improves digestion.

Teaching Tips
★ This pose can also be a **grasshopper**.
★ It’s a tricky one, so break it into the stages to help everyone get there together.
★ Many children lift up their bottoms and chests, thinking this will help. Encourage them to lay flat like on their tummies like pancakes.
★ Often kids struggle to place their supporting foot in the correct place on the extended leg, so go round and help them into the position. They love it when they get the hang of it.
Instruction into Pose
Standing tall, bend your knees and cross one leg over the other. Scissor one arm under the other and twizzle them together, sitting like a proud eagle in his nest.

Anatomical Focus
Strengthens and stretches the ankles and calves as well as improving balance, concentration and circulation.

Teaching Tips
★ Use the toes of the crossed leg to help stay balanced.
★ Focus on a spot in front of you to keep steady.
★ Squeeze your legs together when you are all wrapped up so you feel a lovely release when you unravel yourself.
★ Try and do both sides - the eagle keeps landing in the wrong nest!
Ear Rubbing

Instruction into Pose
Using your thumbs and fingers give your ears a lovely massage all the way from the top to the bottom.

Anatomical Focus
Relieves stress. Calms the mind.

Teaching Tips
* Nice to mention to the kids that they can always suggest this to any grown-ups they know who seem a bit stressed. Kids love being able to tell their Mum’s and Dad's little helpful ways to reduce stress!
* I often do this at the beginning of class and say we need to get our ears ready for our adventure, so that we can hear all the sounds and listen well to the story.
Instruction into Pose
We sit with our legs easily crossed, our hands resting on our knees with palms up or down, and close our eyes to enjoy this sweet and easy moment.

Anatomical Focus
Calms the mind. Opens the hips. Stretches the ankles and strengthens the back.

Teaching Tips
★ Easy pose isn’t quite the ‘easy’ pose it’s set up to be in adult yoga. Getting kids to be in a moment of stillness and peace can be a challenge. But give them something to focus on - like their breath, or a candle flame (tratak meditation) and they will sit.
★ It’s often good to do this at the beginning or right at the end of an adventure.
★ If the mood is right - you can always chant a little Om here to bring some sonic vibration to the easy pose party!
Elephant

Instruction into Pose
Standing with your legs out wide. Stick one arm out in front of your nose to be your trunk. Lift your trunk all the way up to the sky, like you a giving yourself a big elephant shower then swing it down between your legs as you make a huge elephant trumpet sound.

Anatomical Focus
Stretches the hamstrings and sides of the body. Releases tension and anxiety.

Teaching Tips
* You can also swing your trunk side to side.
* Also make an elephant train - in a line, one child puts their hand either under and between their legs, or around their side to make a ‘tail’ at their lower back. They can then hold onto the ‘trunk’ of the elephant behind. Carry on like this until you have a big row of elephants all joined up in a line - trunks holding tails.
Matsyasana Fish

Instruction into Pose
Lying on your back, prop yourself up on your elbows, and point your toes down. Then pop, pop, pop your chest up to the sky and look all the way back behind you, going bob, bob, bob, like a fish!

Anatomical Focus
Opens the chest and stimulates the muscles and organs of the belly and throat. Stretches the intercostal muscles between the ribs and the deep hip flexors.

Teaching Tips
★ Making the bob bob bob fishy sounds helps to keep the throat open and relaxed.
★ Be gentle when you demonstrate drawing the head back - do it slowly so we don’t hurt our necks.
★ Break the pose into the stages to make sure everyone is with you. Especially as they isolate the chest lifting to the sky - this is a big and lovely release.
Flamingo

Instruction into Pose
Standing up, lift one leg up towards your bottom and take hold of your ankle. Lift your other arm up to the sky and try not to wobble! You are a graceful flamingo!

Anatomical Focus
Stretches the quads and sides. Improves balance. Strengthens the legs.

Teaching Tips
★ This can also be used as a ‘climbing in’ pose. I use it when we climb into a hot air balloon for instance.
★ Try also hopping round in a circle while you’re in the pose to add to the balance challenge.
★ Make your top hand into a pointy beak shape for the full flamingo effect!
★ If the balance is tricky, try doing it next to the wall for a bit of support.
★ Can also be an ostrich (if you are in Africa) or an emu (if you are in Australia).
Virabhadrasana III/Warrior 3 Flying

Instruction into Pose
Standing up tall, step forward and tilt, lifting your back foot off the ground, sending it long and strong out behind you like a tail. Stay steady and balanced as you take your arms out wide to the sides like wings and fly (on one leg). Trying not to wobble!

Anatomical Focus
Strengthens the legs, ankles, torso and shoulders. Improves balance and concentration.

Teaching Tips
★ Wobbling and toppling over is usual in this pose. There will always be laughs.
★ This can be a fairy, any sort of bird or a hang glider - like in Pedro the Penguin!
★ It makes a great group pose. Everyone lines up, side by side, making sure they are spread wide enough so they can reach each others hands when their arms (wings) are out wide. Then when they come into the balance they can hold each others hands for balance. See if they can all stay up - flying for a count of 10! Wobbling is permitted!
Frog Malasana/Yogi’s Squat

Instruction into Pose
If you’re a frog who’s about to hop, crouch down, up on your toes, with your knees out wide and use your hands for balance. You can use your springy frog legs to ribbit up and down the lilypads. Or if you’re a peaceful frog, crouch down, with your feet flat, pressing your elbows into the insides of your knees and your palms together.

Anatomical Focus
Opens the hips and groins. Releases the lower back. Strengthens the legs and torso if you start hopping. Helps with constipation.

Teaching Tips
* This can be a good pose to practice stillness before those big explosive leaps.
* A few froggy hops will get everyone warmed up.
* Try using it as a transport pose around the space - to get you from A to B.
Instruction into Pose
Come to two knees, then stick one leg out to the side, reach up with one arm and tilt over towards your stretched leg going whhoooooop to open up your door. Don’t forget to close it on the other side.

Anatomical Focus
Stretches the sides and hamstrings. Opens the shoulders and expands the ribcage and lungs.

Teaching Tips
✶ Always good to open, and close the door after you. Making sure we do both sides and don’t let a draft in.
✶ Making a sound effect with the side stretch helps time out a good long stretch.
✶ Drop the shoulder down, see if you can turn your chest & face to look up under your arm.
✶ Rest your opposite arm down on your stretched leg for balance.
Instruction into Pose
Standing tall, we take a step forward and reach our hands up tall, making a long giraffe neck.

Anatomical Focus
Strengthens the legs and shoulders. Stretches the spine and hamstrings.

Teaching Tips
☆ Fold forwards over the front straight leg to munch on the shrubbery and get more of a hamstring stretch and build strength in the back supporting leg.
☆ Giraffes can be a fun means of transportation - you can run like a giraffe (with the arms up making your long neck) or walk around on tip toes with that long neck.
☆ Use your hands to make a giraffe munching mouth.
Prasarita Padottanasana Gorilla

Instruction into Pose
We stand proud, legs a little wide and gently thump our chest and the floor between our legs with our fists, doing big Oooo OOo OO gorilla noises.

Anatomical Focus
Releases the lower back and stretches the backs of the legs. Releases tension and energises the body.

Teaching Tips
* Bend the knees when folding forward.
* Gorilla’s can also be strong silent types - so use this idea when sitting or squatting to encourage that cool, calm focus.
Half Handstand

Instruction into Pose
First we sit with our back against a wall and legs out long. We place our hands down right where our feet just were. We walk our feet up the wall behind us, coming up to be in a straight line with our bottoms.

Anatomical Focus
Strengthens the arms, back, core and shoulders. Releases tension in the neck

Teaching Tips
★ Kids adore doing this! Remind them to relax their neck in the pose.
★ Make sure they have bare feet. Wearing socks makes the wall slippery!
★ Kids are often keen to keep climbing their feet up the wall to get as high and vertical as possible. When they do this they tend to banana in their lower back. Encourage them to pull in their tummies and walk their feet down so it feels like they are standing feet flat on the wall.
Ananda Balasana Happy Baby

Instruction into Pose
Lying on our backs, we bend our knees and take hold of our feet, keeping the soles of our feet facing up to the sky. We rock from side to side to feel like a happy baby.

Anatomical Focus
Massages the back. Opens the hips. Calms the brain and alleviates fatigue.

Teaching Tips
* Can also be a dead bug, or a good pose to do if a character in a story falls over!
* Nice pose to do at the end of the adventure as you’re winding down into your relaxation.
* Hold the inside or the outside of the feet with the forearms crossing the shins.
Instruction into Pose
Coming to our knees we lean forward a little then clasp our hands behind our back. As we fold all the way forward over our knees our arms lift up to the sky like very long hare ears.

Anatomical Focus
Calms the mind and brings peace to the body. Releases the shoulders as you lift your arms. Lengthens the neck and spine

Teaching Tips
★ This pose is great for calming everyone down.
★ Suggest they roll their head a little into the mat while it’s lowered to give a wonderful massage to the forehead and crown.
Instruction into Pose
Standing tall, feet together we jump our feet to the side then bend our knees. We stretch our arms out wide, then keeping our legs still we twist our body and arms to face the front again. Chopper!

Anatomical Focus
Good for digestion, lower back pain and tummy aches. Releases the lower back and massages the abdomen. In the standing position it strengthens the legs and shoulders.

Teaching Tips
* This is also good to do lying on the ground - a supine twist. A Crooked Branch.
* Pair this with standing spins afterwards to make your helicopter take off.
Instruction into Pose
Reach up with joy to the beautiful sun and say “HELLO SUN”

Anatomical Focus
Lengthens the spine and sides of the body.

Teaching Tips
* Can be taken by itself or as part of the Hello Sun Salute.
* Can also be paired with a Hello Earth - to reach up, then move down into a forward bend.
* Can be anything you are saying ‘hello’ to - space, the moon, a country...
* Use it as a way of bringing some positivity to a story - we bring the sunshine out with a ‘Hello Sun’!
Surya Namaskar Hello Sun Salute

Instruction into Pose
Reach up and say “Hello Sun”. Fold forwards and say to the earth “Hello earth.” Step one foot back and say beep beep, then step the other foot back to come down onto our tummy. We place our hands under our shoulders and wiggle ourselves up like a hissy snake, then pressing our hands and feet down, we lift our bottom to the sky saying “woof, woof!” like a dog. Then we lift up one leg like a happy dog and wag our tail and step forward between our hands, saying “beep beep”. We step our other foot forward and say “hello earth” again, then reach up to the sun and say “HELLO SUN”!

Anatomical Focus
Stretches the whole body and gets the heart pumping.

Teaching Tips
★ Doing it twice through means you can do both legs alternately stepping back.
★ Perfect warming up sequence.
★ The beep beep is for starting your engine or a roadrunner.

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Instruction into Pose
Keeping knees together, we kneel up and let our feet and ankles come apart so our bottom fits into the gap between our feet. We keep our toes pointing backwards and criss crossing our fingers, stretch our arms forward and up to the sky like heroes!

Anatomical Focus
Stretches the thighs, knees and ankles and strengthens the feet and shoulders.

Teaching Tips
- Lifting the arms up above not only helps to strengthen the shoulders, but it also lifts and lengthens the spine.
- Kids often sit quite comfortably in this pose, and may as a result slouch and collapse in their spine and shoulders. To prevent this, either use the arm lift as suggested or you can get them to tie an imaginary piece of string from the top of their head to a cloud.
- Keep making sure that the feet point backwards to avoid injury to ankles.
Instruction into Pose
One knee down, one knee up. Lift and join your hands up high above your head and make a clip clop, clip clop sound with your tongue.

Anatomical Focus
Stretches the hip flexors and thighs. Strengthens the shoulders, core and legs.

Teaching Tips
☆ Switch knees by having your horse trot over to you, then either trot away or give you a ride.
☆ A transport pose.
☆ Also use for Unicorn and Zebra pose.
☆ Add a forward and back rocking motion to bring more a stretch to the hip flexor.
☆ When you lean forward into the stretch you can also add a backbend, lifting the heart and face to the sky for extra horsey or unicorn elegance.
Hose  Krounchasana / Heron Pose

Instruction into Pose
Kneeling up, we extend one leg out in front, then we sit our bottom down on the ground next to our kneeling foot and lift our long leg up to the sky like we’re fire-fighters using a hose.

Anatomical Focus
Stretches the thighs, hamstrings and ankles.

Teaching Tips
★ If the half hero pose is uncomfortable for some children, sit in a half butterfly pose instead - with the sole of the foot into the opposite inner thigh and the knee out to the side.
★ Hose is a pose that one of the children I teach came up with! It’s quite fun to ask children to come up with their own poses from time to time!
★ Could also be a garden hose.
**Instruction into Pose**
Sit up tall with your legs crossed, cup your hands round your mouth and as you blow up your hot air balloon stretch out your arms gradually as it gets bigger. When it’s as big as it can be you might rock from side to side a little!

**Anatomical Focus**
Calms the mind. Expands the lungs. Opens the hips.

**Teaching Tips**
- A wonderful transport pose - a great way to get around.
- After you’ve blown up the balloon, and started to float up into the sky start rocking side to side and do the mindfulness exercise ‘Tick Tock Like a Clock Until I find My Centre’ finding balance and stillness on both sit bones by the end of the little rhyme.
- You can also do a ‘Flamingo’ to climb into your hot air balloon.
- Use the CK ‘Hot Air Balloonin’ song as a dance warm-up or treat at the end of class!
**Instruction into Pose**
Standing with your legs wide, feet forwards and hands together above your head, making a pointy roof for your house or tent.

**Anatomical Focus**
Lengthens the sides and spine. Strengthens the core and legs when ‘zipping’ your tent closed and open (see below)

**Teaching Tips**
★ Also can be a tunnel, cave, rocket or tent pose.
★ If using it for Tent pose - the zipper (where your hands meet in prayer above your head) can move all the way down to the ground in front of you to zip it closed, and all the way back up again to open it up. Quite fun if it gets a little stuck here and there so you have to go up and down a few times! And make the ZZZZzzzz sound effect too!
Three-Limbed Forward Bend

**Instruction into Pose**
Kneeling up, let one leg come forward and be long and straight. Sit your bottom down next to your kneeling foot and fold your body down towards your long leg – like a hurdler.

**Anatomical Focus**
Stretches the hamstrings and thighs. Calms the mind as you fold down.

**Teaching Tips**
- Not one that crops up a lot, but a good one to add to any athletics themed stories.
- If the knee is uncomfortable in the folded leg, come into the half butterfly variation as suggested for ‘Hose’ pose.
- Great for kids who do lots of running and sports.
- Downward Dog is a good counter stretch after this.
Instruction into Pose
Using our fingertips we gently massage our face and jaw, letting go of all our worries and fears.

Anatomical Focus
Releases tension in the jaw and face. Relaxes the mind.

Teaching Tips
🌟 Lots of kids (and adults) hold tension in their jaw and when they learn to massage it regularly they really enjoy how good it feels.
🌟 This is a great thing to do for speech improvement and vocal warm-ups as well as improving sleep anxiety.
🌟 It’s helpful to teach children how many muscles are in the face (around 43) and practice some fun facial expressions - raising eyebrows, smiles, pouts and winking are all favourites. There is such a thing as Face Yoga.
Instruction into Pose
Crouching up on your toes, back upright and long, put your hands together side to side and point your fingers down to make your kangaroo paws. G’day!

Anatomical Focus
Improves balance. Strengthens the legs, feet and core. Good for flat feet.

Teaching Tips
★ When you add some bouncing to this move, it becomes a serious workout for your calves, toes, thighs and gluts.
★ It’s also a great challenging pose for balance to stay up on the toes and strong in the core.
★ Wonderful for yoga stories about Australia. Kids love little Joeys! (Baby Kangaroos in their mother’s pouches).
Knee Hugging  Apanasana

Instruction into Pose
Lying back we draw our knees up and give them a big hug, maybe giving each knee a little kiss too.

Anatomical Focus
Massages the spine and abdominal organs. Stretches the lower back.

Teaching Tips
- As a variation, try placing both hands over the knees and drawing them round in slow circles one way, then the other. This massages the sacrum and hips too.
- Let the head rest down on the floor, and to make it even more comfy, you can put a blanket beneath the head and neck for a soft support.
- Nice to come into this after bicycles, candle pose or whale pose.
**Instruction into Pose**
Sitting up tall, one leg long, the other knee bent up, with the foot flat. We reach forward with our arm (the same side as our bent knee), like we’re trying to get something beyond our extended foot, but our arm ends up wiggling round to the outside of our bent knee. Where’s it going?! We use our other hand to go and find it, reaching round behind us to find those lost fingers... now we’re in a right tangle!

**Anatomical Focus**
Improves digestion and stimulates the liver and kidneys. Stretches the shoulders, hamstrings and spine.

**Teaching Tips**
- Quite a complex one to get into, so take it slowly and gradually and go round helping them all find their lost fingers.
- When they’ve managed to get into it on one side, it’s a fun and tricky challenge to try and coordinate to do it by themselves on the other side!
Instruction into Pose
Kneeling up, hands wide, stick out your tongue, big eyes and ROAR. Baby lion is the same although hasn’t learnt how to roar yet, so just sticks out their tongue!

Anatomical Focus
Relieves tension and releases stress. Energises the organs of speech.

Teaching Tips
- Lion pose is a great help for children who stutter by energising and developing the physical mechanisms of speech.
- A great way to get everyone into the pose together is to start sitting back, kneeling on your heels. Then clap your hands down onto your thighs as you count 1, 2, 3... then come up into the lion’s ROAR!
- The kids will always want to do baby lion after mummy or daddy lion - all baby animals are popular with kids!
Instruction into Pose
Coming high onto your knees. Step one foot forward so you are on one knee. Place both your hands down inside of your front foot and step or wiggle your back leg out straight behind you. Come down onto your elbows if you fancy having a closer look at the floor.

Anatomical Focus
Opens the hips and builds strength in the legs.

Teaching Tips
* Keep the back knee down, as this is quite a strong stretch.
* Lizards are very good at staying still, so use this character trait to have the kids keep super still - perhaps go round and ask them all how they feel while they are in this pose. What does your lizard feel like?
Lobster Utkata Konasana/Goddess Pose

Instruction into Pose
Standing with your legs wide, toes pointed out, bend your knees and squat. Take your arms out to the sides and bend your elbows so your hands point up towards your head and snap your hands like lobster claws.

Anatomical Focus
Stretches the hips, groins and chest. Strengthens the legs, core, upper back and arms.

Teaching Tips
★ It’s quite fun to make the lobsters dance side to side - think of MC Hammer in You Can’t Touch This!
★ Keep the neck and spine as long as possible and keep tucking that tail under.
Upavistha Konasana Magic Carpet

Instruction into Pose
Sitting up tall, legs out wide and arms outstretched. Take your body around in circles one way, then the other as your magic carpet flies wherever you want to go.

Anatomical Focus
Stretches the insides and backs of the legs. Strengthens the spine and massages the abdominal organs as you rotate.

Teaching Tips
★ This can also be a lake - you pivot forward from the hips, maybe resting down onto your forearms and look down into the big beautiful lake.
★ This is a great fun transport pose that is always lovely to lie back and come down into the relaxation.
★ Can also be done with the legs crossed as a simpler variation.
★ With the legs in the outstretched position, offer the option of bending the knees.
Instruction into Pose
Sitting tall with our legs out long we swish our tail round to one side, then looking over our shoulder because we are so very shy we say oooo la la. Then we do it to the other side, swishing our tail around the other way and looking over our other shoulder to say ooo-la-la. (for some reason mermaids are always French in my head!)

Anatomical Focus
Helps digestion by stimulating the abdominal area and releases stress. Stretches the spine, shoulders and hips.

Teaching Tips
⭐ Kids love being the mermaid, especially when she is coy and bats eyelashes!
⭐ After the two tail swishes to the sides, you can add an extra move by bringing both legs forward and long in front, turning the toes out, heels touch to look like the mermaid tail. Then place your hands down (fingers pointing forwards) behind you and lift your ‘tail’ up and down three times for a little abdominal strengthening.
Instruction into Pose
Crouching down, super still we count 1,2,3 before leaping up like a little monkey (a star junp) into the air going oooo oooo oooo ahhh ahh ahhh.

Anatomical Focus
Strengthens the legs. Increases the heart rate.

Teaching Tips
★ A big energising move - I like to do them in sets of 3, 5 and 10. Guaranteed to get everyone a little out of breath!
★ Pairing it with the stillness before the jump, creates a great sense of focus and anticipation in the group.
★ Monkeys are great for surprising us when we climb up a tree.
Crescent Moon

Instruction into Pose
We stand up tall, feet together and reach our arms up above us, hands together too. Then we lift and lean over to one side, still pointing upwards as much as possible, looking like the moon... or a banana!

Anatomical Focus
Lifts and extends the spine and stretches the sides. Improves posture and core strength.

Teaching Tips
* Being the crescent moon is beautiful. Being a banana is just more fun!
* Make sure you do both sides to get the full body stretch.
* Lovely to do at the beginning of the adventure to wake up the spine and torso.
Tadasana Mountain

Instruction into Pose
The hardest pose in yoga!! Standing tall and perfectly still, eyes can be open or closed, breathing steady. We are immovable like mountains – even the worst kind of weather won’t cause us to wobble.

Anatomical Focus
Improves concentration and focus. Calms the mind and nervous system.

Teaching Tips
★ Telling kids that this is the ‘hardest pose in yoga’ makes them all try their very best to do it well. It is hugely powerful when a group of children all collectively do this.
★ Try telling them you’re going to come round and check to see how still they really are.
★ As the children come into mountain pose - praise the ones that come into it first as this usually prompts the others to come into it.
Instruction into Pose
We kneel down and tuck ourselves up into a little tiny ball, like a mouse and we go squeak squeak squeak as we nibble on our cheese.

Anatomical Focus
Soothes the mind and relaxes the body. Releases the lower back and a good counter to inversions and back bends.

Teaching Tips
★ Can also be a ball, rock, hiding or snowball.
★ Use this if the energy is getting a little excitable or hectic in the class to calm everyone down.
★ Arms can be tucked down by the sides or stretched out in front.
★ This is a great base pose for partner yoga postures for older children aged 7+. Another child can lie on their back over the top of a mouse for a heart opening posture. Or you can stack another mouse on top of the first, like two scoops of ice cream!
Namaste

Instruction into Pose
Sitting with your legs crossed, hands together at your heart, bow your head and after three let’s say the secret magic yoga code word... NAMASTE. Ready? 1,2,3... Na-mas-te.

Anatomical Focus
Improves focus. Calms the mind. Opens the groins.

Teaching Tips
* To keep this simple, I tell children that Namaste means ‘Hello’ in yoga.
* Use Namaste to meet and greet characters in your stories and as a way of saying Thankyou.
* If you have a puppet with long legs and arms, sit them in the Namaste position and have the children copy the puppet doing it.
Instruction into Pose
Kneeling up, we point our wings downwards into our lap, then as we stretch and open our wings we lift up off our heels saying to-witt to-woo as we fly up and down.

Anatomical Focus
Opens the ribs and engages the quads and core as you lift from a kneeling position. Strengthens the shoulders and upper back.

Teaching Tips
- Can also be a swimming move - breathing in as you lift up and breathing out as you lower back down.
- The pace of this move always takes the class to a steady and calm place. The long breaths in the swimming are wonderfully calming.
- Couple with eye exercises to make our eyes as strong and beautiful as those of an owls. You put your thumb up and out an arm’s length, then without moving your head - just your eyes, follow your thumb as you move it up, down and side to side, then all the way round.
**Urdvha uttanasana** Parrot/Bird

**Instruction into Pose**
Standing up. Bend forward from your middle, keeping your back long and straight. Your arms become wide wings floating up and down at your sides as you fly like a bird or squawk like a parrot.

**Anatomical Focus**
Releases the upper back and shoulders and stretches the backs of the legs. Strengthens the core.

**Teaching Tips**
- Birds can magically transport us from A to B, so a good one to remember for journeys.
- Keep the flying motion steady and soft with occasional still moments when the arms/wings are suspended out to the sides as you soar.
- Pull the tummy in to support the lower back.
Instruction into Pose
Sitting with our legs crossed, we roll a hand round and round on our tummies, then we pat our heads at the same time, because we are very clever!

Anatomical Focus
Improves coordination.

Teaching Tips
★ Use this after you’ve had something to eat in a yoga story. MMm! Delicious!
★ Once they have the hang of it one way, swap the hands over to do it with the other side.
★ If the children struggle to pick it up, get them to start by just rubbing the tummy and add the head pats later.
★ This is a really fun pose for little ones aged 3 and under.
Penguin

**Instruction into Pose**
Standing with our legs and heels together, we turn out our toes. With our arms down by our sides we stick our hands out a little bit and waddle side to side, like a penguin!

**Anatomical Focus**
Encourages external rotation of the legs and improves posture.

**Teaching Tips**
- Can also be an Alien or Charlie Chaplin walking.
- A fun way of walking to get from one place to another.
- Kids love doing this and I often use it when a fish stands up on it’s tail when saying hello.
Instruction into Pose
On all fours, move one knee forward and swing your foot out to the side underneath your body. Stretch your back leg out behind you and fold forwards over your bent knee. Coo, Coo!

Anatomical Focus
Stretches the hip flexors and thighs. Opens the hips.

Teaching Tips
☆ Come up onto tipi fingers - hands wide and off the mat. Use this support to move the torso up and down, like your a pigeon pecking away at some crumbs.
☆ Good for older children aged 6 years +
Instruction into Pose
On hands and knees, step one foot back and then the other staying high up on your hands and toes. One long strong plank.

Anatomical Focus
Strengthens the core, legs, back and arms.

Teaching Tips
★ Use the plank to cross rivers, and as a ramp to disembark safely from a ship or train.
★ Keep the head and neck in one long line with the spine.
★ You can always do this pose with the knees on the ground to gradually build the core strength.
Instruction into Pose
Lying back, we bend our knees up and press our hands down by our sides. We bounce up our legs, using our hands to steady our backs, then let our legs tip all the way up and over our head. We stretch our arms down and clasp our hands together making a big strong fist.

Anatomical Focus
Calms the mind and reduces stress. Stimulates the thyroid and abdominal organs.

Teaching Tips
★ Try not to spend a lot of time in this pose as in growing children the thyroid glands regulate the growth and maturation of the nervous system and we don’t want to impede or cause any disruption to this process.
★ Nice to come into this from candle pose or bicycle.
Instruction into Pose
Kneeling up, we take our knees wide. We fold forward so our tummy fits in the space between our knees and using our hands we cup over our nose, hiding our Polar bear black noses in the white of the snow so sno-one can see us... tee hee!

Anatomical Focus
Stretches and lengthens the spine. Calms the mind.

Teaching Tips
* Polar bears sleep like this in the snow to camouflage themselves.
* Can be done in a kneeling position to make it a little easier.
* All of the restorative benefits of mouse (child’s) pose. Great to use to calm everyone down.
Instruction into Pose
Sitting tall, we take our legs out wide. Our pot of porridge is in the middle. We twist one way and get our oats, then twist the other way for our water and/or milk. We take hold of one ankle and spoon and we stir it, stir it, stir it... Then the other ankle and spoon to stir it stir it stir it.

Anatomical Focus
Opens the hips. Stretches the backs and insides of the legs and the upper back.

Teaching Tips
* To make this easier, you can sit cross legged, and use your arms to make big circular stirring arm movements - one way then the other.
* After eating the porridge you can pat your head and rub your tummy to finish.
* Ask the kids for suggestions of what they would like to put on their porridge - honey, blueberries, raspberries, jam etc.
Uttana Shishosana Puppy Dog

Instruction into Pose
Starting on all fours, we walk our hands forward, keeping our knees where they are, then when we can’t walk them any further, we drop our chest down to the ground, enjoying a lovely puppy dog stretch!

Anatomical Focus
Stretches the spine and shoulders.

Teaching Tips
★ It’s sweet to take this pose after doing a dog pose – like the baby version of dog pose. Daddy Dog and his pup.
★ This is a lovely stress reliever and flows well into mouse (child’s pose).
**Ragdoll Uttanasana**

**Instruction into Pose**
Standing tall, drop your chin and roll down so your arms are dangling and you are looking at your legs like a floppy ragdoll.

**Anatomical Focus**
Releases the lower back and calms the brain. Strengthens the legs.

**Teaching Tips**
- Holding opposite elbows lets the shoulders release wonderfully.
- Sway gently from side to side.
- Let the neck be long and the head dangly - nodding yes, shaking gently no.
- Curl up slowly through the spine or bend the knees and come down into a squat.
- Make the pose work better by having a slight bend in the knees - more release in the lower back. We want to be floppy ragdolls!
Vasisthasana variation Rainbow

**Instruction into Pose**
Come to two knees and take your arms wide. Place one hand down to the side and extend your leg out to the other side. Reach up and over your ear with your top arm, making a beautiful arcing rainbow.

**Anatomical Focus**
Stretches the sides and legs. Opens the chest. Strengthens the arms and shoulders. Expands the ribcage and lungs.

**Teaching Tips**
* This is also known as Stargazer pose.
* You can move really smoothly from this pose into a 3 legged dog - a happy dog who’s wagging his tail in kids yoga terms! Perhaps the dog is some kind of astronomer!
* Encourage everyone to lift and open their chest to the sky.
Raining

**Instruction into Pose**
Using our fingertips we go pitter patter all over our faces and body like a rain shower.

**Anatomical Focus**
Stimulates the nerve endings. Energises the body. Relieves tension.

**Teaching Tips**
★ Try and get everyone to do this without making any vocal sounds, so you can enjoy the sounds of the percussive ‘rain’ from everyone’s fingertips.
★ I start with the eyes, then work round the face. Move down the arms, the torso, the legs and feet. Then down onto the floor - starting with fingertips, then two fingers and finally whole hands to bring the storm to it’s crescendo. Then work backwards back to the face and eyes. It’s like a drumming circle!
★ This move brings focus to the group.
**Instruction into Pose**
We lie back, our arms and legs heavy and long. We melt into the earth like a chocolate ice cream on a sunny day and close our eyes, enjoying this rest.

**Anatomical Focus**
Stretches the sides and legs. Opens the chest. Strengthens the arms and shoulders. Expands the ribcage and lungs.

**Teaching Tips**
- Move into relaxation through the story - so it’s integrated. This means the children follow it just like the do with all the other poses you have demonstrated.
- Use the relaxation part of the class to land the message or moral of the story.
- Make the children as comfortable as possible. I use blankets, lavender eye pillows and music. I also go round and give each child a little head massage. Pressing thumbs lightly into their third eye (between brows) and smoothing them out along their brow line.
- I often use a puppet to go round and ‘wake’ all the children up at the end.
Roadrunner  Anjaneyasana

Instruction into Pose
Standing up, fold forwards and place your hands down either side of your feet. Step one of your legs back and bend your front knee down into a lunge. Lift your chest and say “Beep, beep!” Don’t forget the other side too!

Anatomical Focus
Stretches and builds strength in the legs. Increases the heart rate.

Teaching Tips
★ Always part of the ‘Hello Sun’ routine and can be many things - a car, sand buggy, motor bike...
★ You can drop the back knee to make this easier.
★ Don’t worry too much about the alignment of the front knee over the ankle - we don’t often hold this pose for long.
Rock the Baby

Instruction into Pose
Sit up tall, legs out long. “Waaa Waaa Waaa”. That’s a baby crying! We pick up the baby carefully taking our leg, putting the knee into our elbow and our foot across into the other elbow. We rock and cradle the baby back to sleep giving him or her a little kiss on our knee!

Anatomical Focus
Stretches and opens the groins and hips.

Teaching Tips
★ This is always a funny moment - when the baby starts crying out of nowhere! The kids love it. The surprise of it. Also it’s baby twins - you have to do both sides!
★ It’s a great move for kids who sit at desks for large periods of the day.
★ The more ‘real’ you treat the ‘baby’ the better. I do lots of goo goo ga ga talk which the kids find really funny.
★ You can be very gentle in this pose, which is good for the knee. You have to be gentle when you pick the baby up and put him/her down again.

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Rock ‘n’ Roll

Instruction into Pose
Sitting up, we hug our knees into our body. We tuck our chin down like we are squashing a tomato under our chins, then we let ourselves rock back onto our backs and keep rocking so we rock all the way forward again to sitting up.

Anatomical Focus
Stretches the spine and massages the whole back.

Teaching Tips
- Use the legs to kick a little momentum into the ‘rock’ back up if the kids struggle to get up once they’ve rolled down.
- Tuck the chin down to prevent any bangs to the back of the head as they rock back.
- You can make this part of a big warm-up move by rocking back, rolling forwards, standing up, folding down into ragdoll, reaching up (hello sun), squatting down, and rocking back again, and so on.
- Use this for falling down moments in stories.
Instruction into Pose
Sitting up tall, legs long, we take hold of one of our ankles and drawing it down to our foot, then back up again to our waist we row our boat, singing row row row your boat.

Anatomical Focus
Warms up and opens the hips. Stretches the legs.

Teaching Tips
⭐ A perfect combination with boat pose and either rock the baby - where you find a pair of baby twins in your boat, or telephone - where your oar suddenly starts ringing!
⭐ A variation of ‘Row your Boat’ has the ending “if you see a crocodile don’t forget to scream!” Kids love singing this because they get to do a big scream at the end. Every now and again it’s fun and changing the song keeps it fresh.
Instruction into Pose
Sit up tall, legs outstretched in front of you. Butter your legs (bread) up and down singing butter, butter, butter.

Anatomical Focus
Stretches the backs of the legs and lengthens the spine. Calms the mind. Good for headaches and fatigue as well as anxiety. Improves digestion.

Teaching Tips
☆ Bend the knees to avoid hunching the back as you stretch forwards.
☆ A lovely pose to do either at the beginning of a story as part of warming up or taking a break at some point when we need a snack.
☆ Encourage kids to suggest healthy fillings for their sandwiches.
☆ Can also be a picnic, pizza or a suitcase. With picnic and suitcase, we open up our picnic basket or suitcase by reaching forwards and touching our toes and reaching up. After it’s packed we close our basket or case reaching up and folding back down to our toes.
**Sandwich Twists**

**Instruction into Pose**
We need to fill our sandwich with lots of yummy, healthy things. Let’s take our arms out wide and twist round one way to get some.... (ask for suggestions from children) and pop it in. We take our arms wide again and twist the other way to get some (more suggestions) Keep going until everyone has suggested something then reach up tall to finish your sandwich with that top slice of bread!

**Anatomical Focus**
Stretches the backs of the legs. Stimulates digestion and the abdominal organs and energises the spine.

**Teaching Tips**
- For suitcase you twist to get appropriate items for your destination and for picnic you fill your basket with all sorts of yummy things for you and your friends.
- Great as part of a warm-up, getting ready for the journey ahead.
Shark Salabhasana

**Instruction into Pose**
Lie on your tummy, clasp your hands behind your back and lift up your sharks fin. Rock side to side making a shark noise. Der, der, der, der!!!

**Anatomical Focus**
Strengthens the back. Opens the shoulders. Stretches the front of the body.

**Teaching Tips**
- Making the sound effect, keeps us breathing and takes the struggle out of the move.
- Keep the legs and the feet grounded, pressing them into the mat.
- Lift the chest, head and neck - but keep the neck in a long line with the spine.
- Moving from side to side as you swim like a shark will make sure this pose is fun and stays safe.
- Sharks always add a little danger to the story - a good one for holding everyone’s attention.
Sithali Straws

Instruction into Pose
If you can, curl up the sides of your tongue making a straw for you to suck in the cold air. If the curling thing doesn’t happen, do a big toothy smile and suck in the air through your teeth... either way, you will cool yourself down!

Anatomical Focus
Cools the body down and relieves fatigue.

Teaching Tips
✦ A great wake-up breath technique to spark tired systems.
✦ Wonderful in warm weather or in stuffy rooms when everyone needs refreshing.
✦ Not everyone can curl the sides of their tongues up - it’s a genetic thing. Doing the big smile and sucking the breath in has the same cooling effect.
✦ Kids enjoy trying things out like this - along with winking, whistling and seeing if they can stretch their tongue to touch the tip of their nose - also good for toning the neck...and pulling a silly face!
Instruction into Pose
Sitting up tall, legs out long in front of you. Point your toes and place your hands behind your bottom with your fingers pointing towards your bottom. Lift up your hips so you make your body one long straight slide and go weeeeee!

Anatomical Focus
Strengthen the legs, shoulders, wrists and arms. Stretches the neck and opens the heart.

Teaching Tips
★ A stronger version of crab or bridge/table/bed.
★ This is a strong pose for kids so it will be brief.
★ Good counter pose to forward folds and downward dog.
★ Try and keep the neck long.
**Bhujangasana / Cobra Snake**

**Instruction into Pose**
We come onto our tummy, flat like a pancake. Placing our hands underneath our shoulders we wiggle up into a snake, doing a nice big hisssssss.

**Anatomical Focus**
Opens the chest and strengthens the back and legs.

**Teaching Tips**
- Wiggling up into the snake pose will prevent the kids pressing up too fast and too far.
- Snakes are also good for wiggling into small holes or gaps.
- When you do a tunnel of dogs (all the kids in a row doing dog pose) have the children come through one by one as little wiggly snakes to help them stay low.
- Encourage the kids to stay long in the neck and drop the shoulders down to avoid hunching.
**Sphinx**  Purvottanasana / Upward plank

Instruction into Pose
Lying on your tummy, come up onto your elbows and lay your hands flat in front of you. Lift your chest, head and neck up, feeling as strong and elegant as an Egyptian Sphinx.

Anatomical Focus
Tones the spine and opens the chest. Stimulates the abdomen and relieves stress.

Teaching Tips
- Sphinx pose makes everyone feel strong and alert.
- A perfect pose for an Egyptian themed class. Mix it with camels, beetles (happy baby), pyramids (dog), snakes (cobras) and horses. Lots of story potential here!
- If you tuck the toes under, then fire up the legs you might get everyone up into a forearm plank to add a bit of core work - best for older kids aged 7 years +.
Bhujapidasana/Shoulder press Spider

Instruction into Pose
Standing with your legs as wide as your shoulders, bend your knees to place your hands inside your feet. Walk your fingers around the back of your feet, like tickly spiders until they are on the outsides of your feet, crouching down, resting your legs over your arms like a spider.

Anatomical Focus
Strengthens the wrists, arms and shoulders. Tones the core and improves balance.

Teaching Tips
- If the kids can get their thighs securely mounted on their upper arms, they might want to have a go at taking this into the arm balance, with or without the cross of the ankles.
- This pose is a bit of a tangle so nice to pair it with a spiders web or star pose afterwards to stretch out all the limbs.
Standing Spin

**Instruction into Pose**
Standing tall, legs a little wide, arms out to the side. We whizz our arms one way then the other and start to spin, keeping our feet still on the ground. We keep going like a whirly burly snowstorm.

**Anatomical Focus**
Energises the body. Warms up the spine. Stretches the waist and strengthens the lower back and core. Good for relieving constipation.

**Teaching Tips**
- If given the opportunity, kids will spin full circles in this pose. They love getting dizzy! Make sure they understand that their feet are stuck to the ground to get the most from the twists. The heel can lift with the twist.
- A rainstorm can build up nicely into a snowstorm or standing spin to make a good little sequence. Add on a ‘Hello Sun’ for a full weather based warm-up!
- Also use this for lightning and clap the hands above the head to be the thunder.
Instruction into Pose
Standing tall with your legs wide and arms outstretched. You are a big, bright and very sparkly star!

Anatomical Focus
Stretches the arms and legs and opens the chest.

Teaching Tips
⭐ Can also be a starfish (sea star), a full moon or a net. It’s fun to hold the star shape, then try and tilt over to one side and balance on one leg - then the other.
⭐ Do this pose either standing for a more energising version or on the ground for a wonderful open relaxation.
⭐ On the ground it’s lovely to open into the widest star you possibly can, then release and relax. Going from tense to floppy.
⭐ Starfish are interesting because they breath through their whole body. It’s a good visualisation to do with kids to help them imagine their breath happening through their arms and legs too.
**Sticky Mud**  
High lunge

**Instruction into Pose**  
Standing up we take a big step, lunging forward, bending our front knee and another step, and another. Big steps through the sticky mud!

**Anatomical Focus**  
Strengthens the legs and feet.

**Teaching Tips**  
⭐ Can also be used as sand walking, snow walking or walking on any challenging terrain.  
⭐ You can do this all over the room if you have space. Otherwise, to keep it in a controlled space, have everyone come to the back of their mats, take one big step forward then step back, then another big step forward using the other leg, then step back and so on.  
⭐ A transport pose, so always useful.  
⭐ With every step in the sticky mud add a fun sound effect - Sqqueellchhhhh!
Supta Padangusthasana Submarine

**Instruction into Pose**
Lie back and lift up one leg to the sky, leaving the other leg long along the floor. Then lower it down and swap sides.

**Anatomical Focus**
Tones the core. Stretches the hips and hamstrings and relieves backache. Improves digestion.

**Teaching Tips**
- This works well as a periscope and a telescope too. Great for spotting sharks or dolphins.
- This is a wonderful calming pose, so use it to take the energy down.
- Keep the arms wide for more stability.
- You can take the leg out to one side or across the body and over the other side, as your periscope moves around having a good look!
Instruction into Pose
Standing with your feet wide, bend your front knee and spread your arms out wide as you surf the waves dude. Whoosh! We can scissor jump our legs to swap sides or jump to face the other way to surf backwards because we are so good at this!

Anatomical Focus
Strengthens and stretches the legs and ankles. Opens the chest, lungs and groins, as well as the shoulders.

Teaching Tips
🌟 Can also be snowboarding, skate boarding, hover boarding or a form of archery!
🌟 This is a great pose for kids to feel strong and powerful in! They feel really cool in this pose!
🌟 Jump to face the opposite direction or jump switch the legs.
🌟 I tend to keep the pose moving to avoid any alignment issues. Singing Wipeout by the Surfaris always gets everyone in a surfing mood.
Salabhasana variation Swimming

Instruction into Pose
We lie on our tummies and lift our feet and arms up off the ground to swim... twirling our feet and spreading our arms wide with each stroke.

Anatomical Focus
Strengthens the back. Opens the chest and shoulders.

Teaching Tips
⭐ Play with different swimming arm strokes - breast stroke, crawl and butterfly.
⭐ Bend the feet up from the knees and swirl them around, or cross the ankles like you are swimming with a mermaid’s tail.
⭐ Try and keep the gaze down to the floor to avoid any strain in the neck.
Telephone

Instruction into Pose
Sitting tall with our legs out long. Brrr Brr Brrr Brr. That’s the telephone! Let’s answer it, picking up our foot and holding it to our ear... “hello?”

Anatomical Focus
Opens the hips. Stretches the hamstrings.

Teaching Tips
★ Children love the make-believe conversations you have on your yoga telephone. They are always so fascinated with what you hear on the other end, so make your responses interesting and fun.
★ Try using the sole of the foot to dial a number when you want to use a telephone in your story
★ Making the phone ring as a surprise when you are in a seated position never fails to get everyone’s attention.
Tiger

Instruction into Pose
On all fours, Claw out with one arm forwards and around to the side, then the other. Now the back paw (our leg) and the other back paw (other leg) growling like a tiger with each claw. Can we do an opposite claw and paw at the same time?! Grrrr

Anatomical Focus
Improves balance. Strengthens the core. The cross crawling helps integrate both sides of the brain helping with motor skills and coordination.

Teaching Tips
★ The roars and growls help to release tension and let go of anxiety.
★ The act of being a ‘tiger’ is wonderfully empowering and is great for kids who seem a little shy or under-confident. It always brings kids out of their shells!
★ This pose can also be a fox. The extended and lifted leg behind works well as a bushy fox tail whether it’s an arctic fox, a silver fox or the more urban variety.
Instruction into Pose
Very quietly, we come high up onto our tiptoes and sneak in or through...

Anatomical Focus
Strengthens the calves, toes and feet. Improves balance.

Teaching Tips
★ When we tiptoe kids immediately go quiet. The sneaking element of this is the most fun.
★ Keep an eye out for children who habitually toe walk. Often they grow out of this after the age of 3 years+. But if you notice children who seem to do it a lot, encourage them with poses that ground the heels to counter the habit and lengthen the achilles tendon.
Instruction into Pose
Standing with our elbows bent at our sides and arms pointing forwards. We walk on the spot to start the train. We lift one hand to pull the horn - toot, toot and we’re off clickety clack, clickety clack, here we go around the track, faster and faster and faster we go, until we’re going very slow. Pull the horn again as we come into the station.

Anatomical Focus
Good for posture. Increases the heart rate. Improves awareness of the body in motion - being slow or being quick. Good for little ones.

Teaching Tips
★ Using the little rhyme gives a lovely variety of pace. Going from slow and steady, to fast and fun then back to slow and even slow motion at the end.
★ Try making a real human train one behind the other, holding onto the person in front’s shoulders. Good for working as a team.
Instruction into Pose
Sitting on your bottom, bring the soles of your feet together and fold your body down over the top of your feet to close your treasure chest. When you find the key, it pops open!

Anatomical Focus
Calming and soothing for the mind. Gently stretches and opens the hips.

Teaching Tips
★ Can also be an oyster, box or looking down into a beautiful moonlit lake.
★ In this pose you can have the kids all close their lids or shells and go round to see if you can unlock/open them up - a great way to get them all to stay in the folded position which is the most relaxing expression.
★ Make a diamond shape with the legs, so the feet aren’t too tucked in towards the pelvis. It’s like a very relaxed butterfly.
Instruction into Pose
Standing tall, place the heel of your foot on top of the other. Bring your hands together at your heart and grow your branches up tall.

Anatomical Focus
Strengthens the legs and back. Improves balance and opens the shoulders and chest. Stretches the waist too and expands the ribcage.

Teaching Tips
- Play the game of trying to see if you can blow the children down. From around the age of 4 they will be determined to show you how good they are at staying upright. Ideal for getting them to practice this wonderful pose.
- Another trick is to see if they can stand in the pose and count to 10.
- Make sure both sides are done - you start one side, then maybe need to climb that tree a little higher to do the other side.
- Make the pose achievable and only introduce moving the foot up the leg to challenge balance when they are ready.
Instruction into Pose
Sitting cross legged, we bring our fingers in front of our mouth and as we blow out we spin our fingers around each other, drying the washing!

Anatomical Focus
Calm’s the mind. Expands the lung capacity and improves coordination.

Teaching Tips
🌟 This move works well after doing a washing machine.
🌟 You can also sit with the legs out wide to get a stretch through the legs.
🌟 It’s lovely to draw attention to the sound of the breath on the spinning fingers. It sounds like a helicopter taking off!
🌟 To blow and spin the fingers at the same time can cause a bit of coordination confusion. Start with just the fingers and get the hang of that, then add the blow of breath once the fingers are going.
Instruction into Pose
Sitting up, with your legs out wide. Bend your knees a little and slip your hands/arms underneath your legs, flattening your body down towards the floor in front of you.

Anatomical Focus
Quiets the mind and increases flexibility in the hips. Tones the abdominal muscles and strengthens the back.

Teaching Tips
✶ Can also be a tortoise.
✶ Do this pose in stages to make sure everyone is with you. It can get a bit confusing for kids when you take the arms under the legs, so go slowly.
✶ Once the arms are under, roll the shoulders back and down to lift and extend the neck and chest, like a turtle popping his head out of his shell to say hello!
Instruction into Pose
Come high up onto our knees we take our arms wide, then wrap them round ourselves, one on top of the other. Then we tweet our elbows up and down saying tweet tweet tweet tweet tweet!

Anatomical Focus
Releases stiffness in the shoulders.

Teaching Tips
✴ Kids love doing this. And you can have fun with what the birds tweet. Sometimes they may sing!
✴ Making the birds into baby birds seems to make them even more cute and loveable to kids.
✴ This can also be used as a hug or cuddle for everyone at home when we go out or come back after an adventure. You don’t need to open and close the elbows if you are hugging.
Washing Machine

Instruction into Pose
We sit with our legs crossed, our hands behind our head, then we spin our body from side to side saying wisha washa wisha washa woo.

Anatomical Focus
Energises the body and opens the hips. Tones the abdomen and shoulders.

Teaching Tips
★ Keep the body as upright as possible and the elbows out wide.
★ Make sure the pace is steady and in control. Kids like to see how fast they can spin their washing machines, but if the elbows are wide and the body is long, it should be less erratic.
★ Avoid using this pose with children who are on the Autism spectrum. It can create a frenzied energy which is more stressful than beneficial.
Instruction into Pose
Lie on your back and bend your knees so your feet are flat. Arms lay down by your sides. Press into your feet, arms and hands and lift your bottom up saying bubble, bubble, bubble and pop when you get to the top.

Anatomical Focus
Calms the mind and rejuvenates tired legs. Alleviates anxiety and headaches. Improves digestion, lower back pain and good for asthma.

Teaching Tips
☆ The gradual lifting into this pose helps the kids isolate the movement and really feel the lift and expansion in the chest.
☆ Keep the head and neck in line with the spine, eyeline is straight up.
☆ The body will be lighter and easier to lift when the legs are strong.
Parivrtta Prasarita Padottanasana

Windmill

Instruction into Pose
Standing legs wide, arms outstretched. Windmill one arm down to the opposite foot, looking up towards your lifted hand, then windmill the other way. Keep windmilling until you have enough flour for a loaf of bread.

Anatomical Focus
Stretches the legs, shoulders, spine and arms. Good for the digestive organs and improves coordination.

Teaching Tips
- If going across to the opposite ankle or foot is too much, take the hand to centre, below the head.
- Many kids take their hand down to the same foot rather than across to the opposite one. Start slowly, so everyone gets coordinated before you start windmilling.
- This is a great energiser and windmills are quirky magical places that kids love, so it’s always a fun thing to incorporate into a story.
Witch

Instruction into Pose
Standing on one leg like a dancing witch, we lift our arms like we have claws for fingers. Then pull a really funny witchy face, sticking out our tongues like a silly witch!

Anatomical Focus
Improves balance. Works all the facial muscles. Strengthens the feet.

Teaching Tips
- Cactus arms is good for lifting and opening the chest.
- Practice making the toes spikey and flexed too, which will help strengthen the feet.
- Can also be a pirate. Standing on one leg like Long John Silver, wagging fists and pulling a funny pirate face... aaarrrrhgghh!
- Similar to Lord Krisna pose where you play the flute!
Prasarita Padottanasana Woodchopper

Instruction into Pose
Standing tall, legs wide, we criss cross our fingers behind our back and fold forward letting our arms drop over the top, saying ‘chop’. If we start by facing the wrong way, when we chop we will all be able to see each other through our legs upside down!!

Anatomical Focus
Stretches and strengthens the legs and spine. Opens the shoulders and calms the brain.

Teaching Tips
★ You can use this for any sort of chopping, digging or construction.
★ Encourage a steady ‘chop’ as you fold forwards to avoid any toppling over.
★ Woodchoppers are always handy people to meet in the woods when you’re lost. Good for adding into a story.
★ You can bend the knees a little for more stability and if the flexibility isn’t there.
★ Great pose for older kids (6 years+) who sit at desks and play a lot of ‘running’ sports.
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Namaste!