

GROW YOUR FLOW!

Kids Yoga Poses

HOW TO USE

These cards are designed with simple poses for everyone to move their bodies and ease their minds. You can use these cards anywhere!

1. Pick a card from the deck.
2. Start by positioning your body in the yoga pose according to the description.
3. Hold the pose for 30 seconds while slowly breathing in and out.
4. Once you have finished holding the pose, draw a new card and repeat.

*Images are for illustrative purposes only. Please refer to the written description for proper body placement. Allow for creative and imaginative play with each pose.



CRESCENT POSE

Step back into a high lunge position. Lift the back heel so your weight is on your back toes. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Keep your stomach muscles tight, reach arms to the sky, palms of your hands facing each other. Look forward. Switch Legs.



DOWNWARD DOG POSE

With hands and feet firmly planted on the ground, lift your hips into an inverted “V.” Press your chest toward your thighs and drive your heels down to the ground. Keep your head relaxed between the arms.



CHILD'S POSE

Start kneeling on all fours with your big toes touching. Sit your hips back toward your heels and walk your arms out in front. Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.



BOW POSE

Lying on your stomach, bend your knees to bring your heels toward your bottom. Reach your hands around to grab your ankles. Lift your knees and chest off the ground to balance on your belly. Breathe deeply.



WARRIOR II POSE

Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side. Bring your arms to shoulder height and straighten them out in a "T" at your sides, palms face down. Look over the fingers of your front arm. Switch legs.



CAT/COW POSE

Start on all fours. Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone. Let your head fall between your arms and tuck in your bottom. From there, gently let your belly push towards the ground, and lift the chest and chin.



CHAIR POSE

Standing with feet hip distance apart, bend your knees and sit your hips back as if you are sitting in a chair. Keep your knees behind your toes and your toes and tighten the muscles in your bottom. Hold your arms out straight in front of you, palms of hands facing each other.



TREE POSE

Balancing on one leg, place the bottom of your opposite foot on your ankle, calf, or inner thigh. Be sure to avoid the knee. Bring your hand to heart center at the chest. Breathe deeply. Switch sides.



COBRA POSE

Lying on your belly, place your hands by your sides with the palms of your hands on the ground. Use your lower back muscles to lift your chest up off the ground. Keep your hips and tops of feet on the ground. Breathe deeply.



FORWARD FOLD POSE

With your feet hip distance apart and a soft bend in the knees, fold your chest forward towards your thighs. Drop the top of your head towards the mat and let the hands relax on or toward the ground.