

YOGA FOR KIDS

Benefits of Yoga

Builds motor coordination, imitation skills, sequencing skills, attention, breathing tools and techniques, calms the nervous system, reduces anxiety, builds self-regulation and emotional regulations kills, aides, sleep and digestion, and provides an opportunity to be present and connect with your kiddo

Deep Breathing Exercises

Balloon Breath
 Bumble Bee Breath
 Blow Bubbles
 Blow feathers off open palm
 Lions Breath
 Lying on back with hands on tummy

Yoga for Reflex Integration

Cat/cow
 Table Pose (rock forward and back)
 Cobra
 Child's pose
 Roly Poly (lay on back curl legs into chest, roll slowly)
 Superman (lay on tummy, extend and lift arms, feet on floor)

Warm Up Poses

Neck roll
 Shoulder Shrugs
 Toe Touches
 Butterfly
 Rocketship
 Cat/cow
 Boat

Balance Poses

Mountain
 Tree
 Half Moon
 Child's pose

Strength Poses

Mountain
 Down Dog
 Cobra/Snake
 Chair
 Surfer/Warrior
 Triangle

Cool Down Poses

"Driving"
 (seated forward bend)
 Spinal Twist
 Happy Baby
 Child's Pose

Yoga Songs

I am Yoga Song - Emily Arrow
 Namaste Song - Kira Wiley
 Farm Animal Chants - Yoga Child
 Row Row Row Your Boat- Kidzone
 Yoga Clock (Tick Tock) - Karma Kids Yoga
 Big Old Tree - David Weinstone
 Downward Dog - Yoga Child
 Dance for the Sun - Kira Wiley
 Yoga Makes me Happy - Karma Kids
 Savasana Song - Yoga Child