

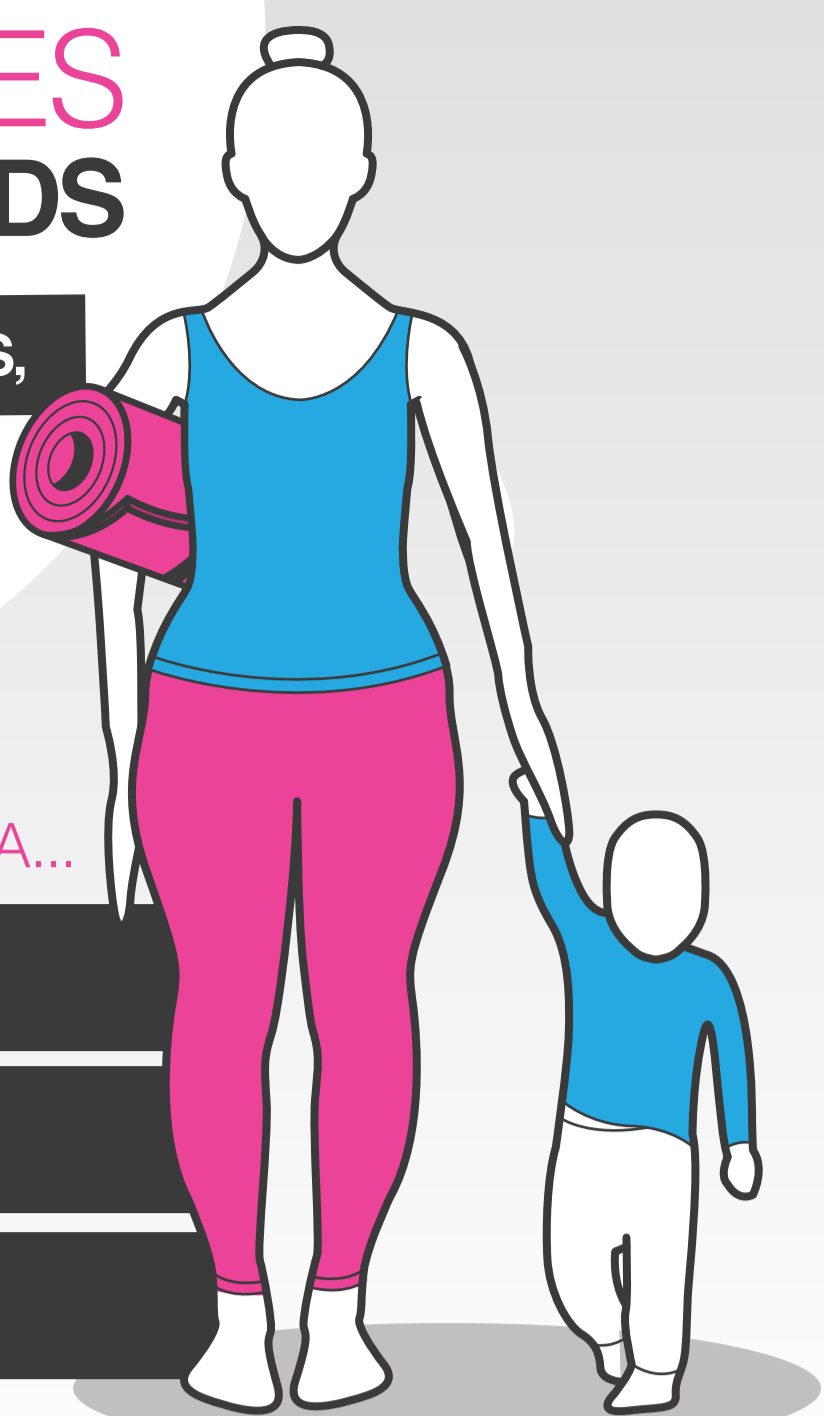
BEST YOGA POSES TO DO WITH YOUR KIDS

YOGA IS NOT JUST FOR GROWN-UPS,

IT'S FOR KIDS TOO!

BENEFITS OF YOGA FOR KIDS YOGA...

- ENCOURAGES SELF-ESTEEM AND BODY AWARENESS.
- ENHANCES STRENGTH AND FLEXIBILITY.
- IMPROVES CONCENTRATION AND SENSE OF CALMNESS.

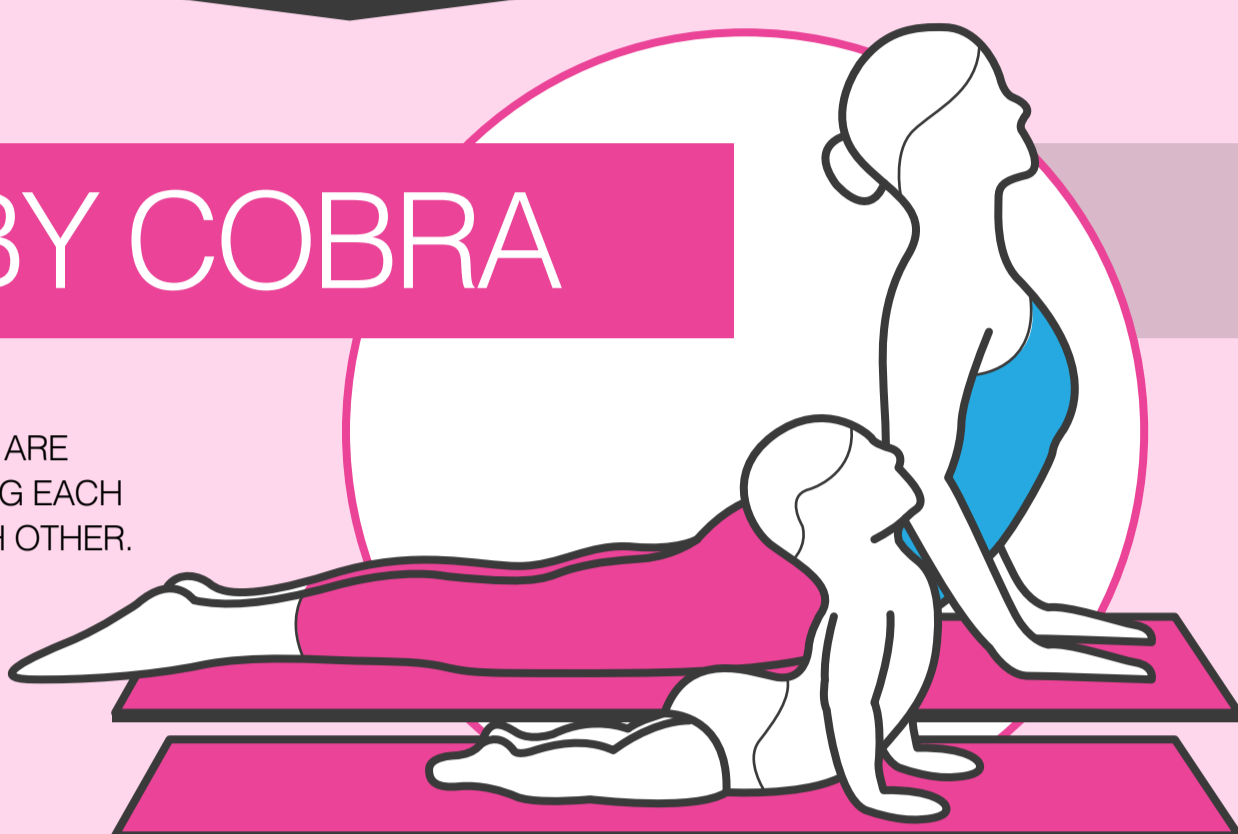


HERE ARE THE BEST POSES TO TRANSFORM YOUR LITTLE ONE INTO A YOGI GURU:

FOR BABIES:

THE BABY COBRA

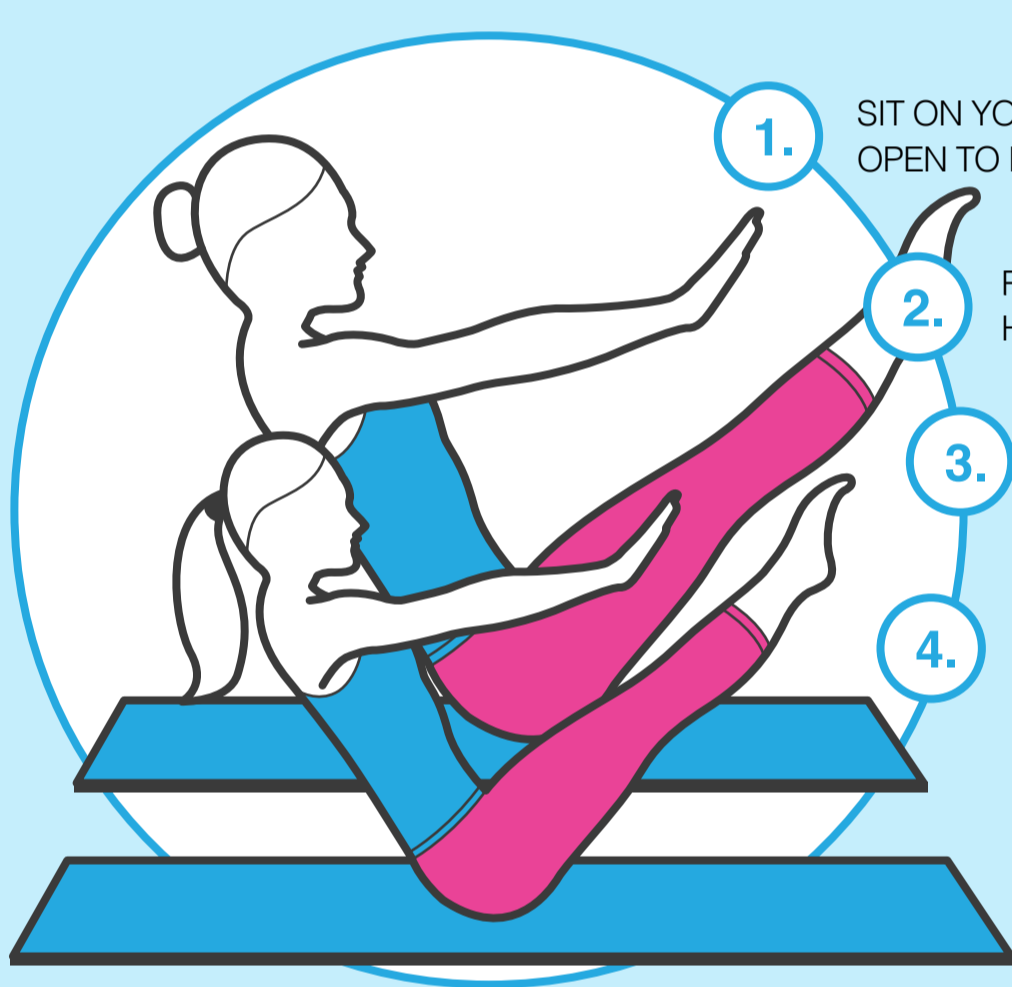
1. BOTH PARENT AND BABY ARE ON THEIR BELLIES, FACING EACH OTHER OR NEXT TO EACH OTHER.
2. LIFT YOUR HEAD AND SHOULDERS OFF THE FLOOR.
3. PLACE YOUR HANDS UNDER YOUR SHOULDERS AND HOLD THEM JUST ABOVE THE FLOOR SO THEY ARE NOT TOUCHING.
4. HISS.
5. YOUR INFANT HOLDS THIS SAME POSE AS THEY LISTEN TO YOUR HISSING SOUND.



6. HOLD FOR 3 "HISSING" BREATHS.
7. LOWER YOUR HEAD DOWN AND PRETEND TO SLEEP.
8. REPEAT!

FOR TODDLERS:

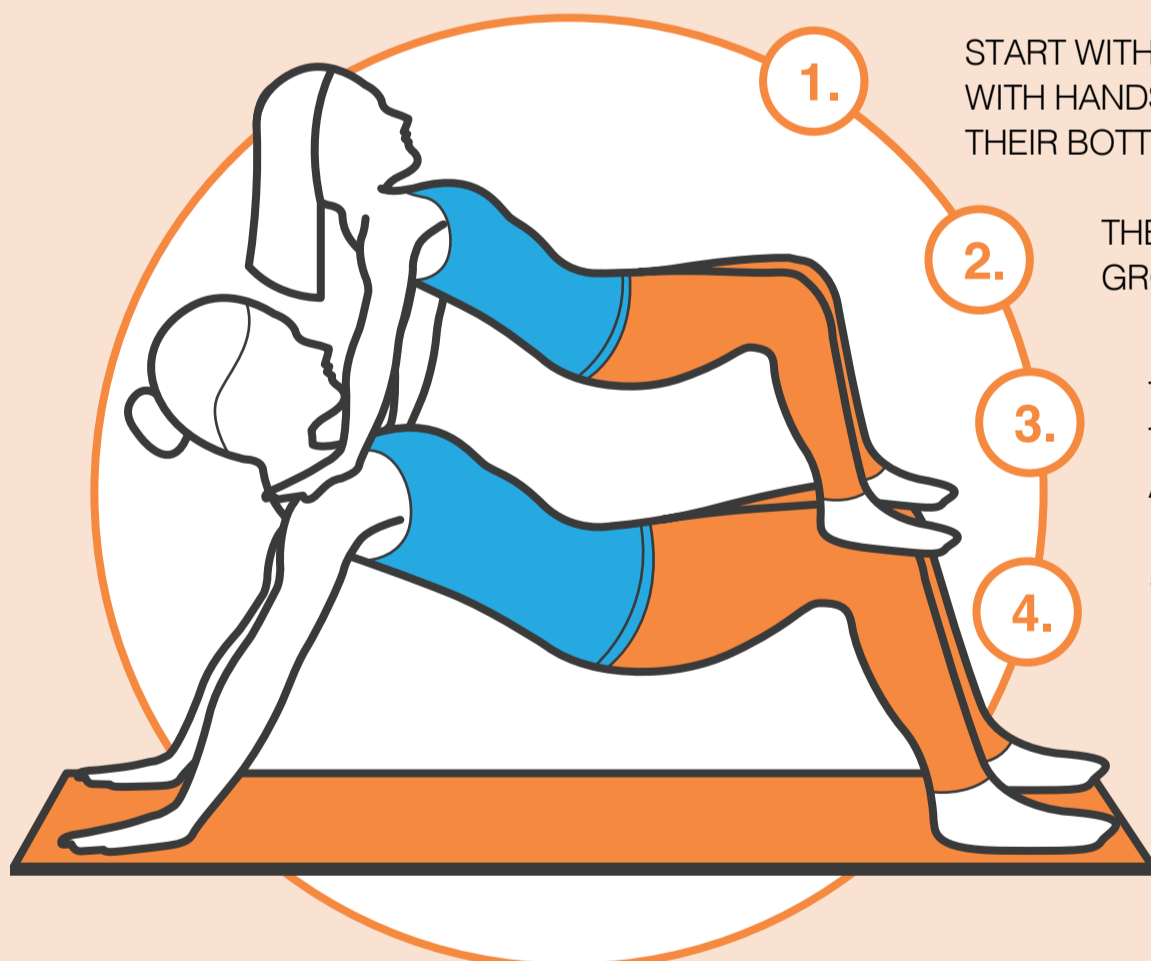
BOAT POSE



1. SIT ON YOUR BOTTOM WITH YOUR KNEES UP AND LEGS OPEN TO HIP DISTANCE, FACING YOUR CHILD, TOE TO TOE.
2. REACH ACROSS TO GRAB HOLD OF YOUR CHILD'S HANDS ON THE OUTSIDES OF YOUR LEGS.
3. EXTEND ONE LEG UP AND OUTWARD, PRESSING INTO EACH OTHER'S FEET, THEN BRING THE OTHER LEG UP SO THAT YOU ARE BOTH BALANCING ON YOUR BOTTOMS.
4. SIT UP TALL, SHOWING YOUR CHILD YOUR NECK.

FOR YOUNG CHILDREN:

BUNK BEDS



1. START WITH THE PARENT COMING INTO TABLE POSE WITH HANDS ON THE GROUND, FINGERTIPS FACING THEIR BOTTOM AND BELLY LIFTED TO THE SKY.
2. THE CHILD STANDS IN BETWEEN THEIR GROWN-UP'S LEGS, FACING OUT.
3. THE CHILD THEN PLACES THEIR HANDS ON THE SHOULDERS OF THE "BOTTOM BUNK" AND THEIR FEET ON THEIR KNEES OR THIGHS.
4. TO COMPLETE THE POSE, THE TOP PERSON PRESSES INTO HANDS AND FEET AND LIFTS THEIR BELLY TO THE SKY TO MAKE THE "TOP BUNK."

FOR PRETEENS:

PARENT L-DOG



1. STARTING BACK TO BACK, BOTH PARENT AND CHILD COME INTO DOWNWARD-FACING DOG WITH HEELS TOUCHING.



2. THE CHILD PUTS ONE FOOT, THEN THE OTHER, ON THE LOWER BACK THE PARENT, MAKING AN "L" SHAPE WITH THEIR BODY.

THERE YOU HAVE IT!

SIMPLE, FUN POSES TO GET YOUR CHILD STARTED WITH YOU AS A YOGA PARTNER THAT CAN BEGIN NOW AND LAST FOR DECADES TO COME.

SOURCES:

<http://www.yogajournal.com/article/family/yoga-kids/>

<http://www.yogajournal.com/poses/yoga-for/kids-balance/6-ways-to-do-yoga-with-your-child/>



YOGA CLUB