

SIMPLE YOGA SEQUENCES for KIDS



Fun five-pose yoga sequences for thirty themes

by Giselle Shardlow
Kids Yoga Stories
www.kidsyogastories.com

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What do you think? Let us know what you think of *Simple Yoga Sequences for Kids* at feedback@kidsyogastories.com.

WELCOME TO

SIMPLE YOGA SEQUENCES FOR KIDS

This book is for primary school teachers, kids yoga teachers, parents, caregivers, health practitioners, and recreation staff looking for fun, simple ways to add yoga to their curriculum, classes, or home life.

To spark your imagination, each monthly kids yoga class theme includes:

- Five yoga poses for kids
- Instructions for each pose
- Easy reference yoga poster

Each theme offers an opportunity to explore a topic through movement. These yoga themes are designed for children ages three to eight, but they could be adapted for younger or older children. Many of the topics are common in standard preschool and kindergarten classroom curriculums, as well as being special topics of interest for young children.

Each session could last between fifteen and forty-five minutes, depending on the needs of the children participating. The yoga poses are sequenced in a logical format to invite flow from one pose to the next. In preparation for your fun yoga experience, feel free to gather props and information on the lesson's topic. Use resources such as YouTube clips, newspaper articles, magazine pictures, old calendar pictures, internet sites, guest speakers, brochures, and fiction and non-fiction books to expand the lesson as you see fit.

To make your yoga experience as successful as possible:

- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Engage the children.
- Follow their passions and interests.
- Create authentic, meaningful experiences.
- Cater to their energy levels and different learning styles.
- Be creative and enjoy yourself—the kids will notice your enthusiasm.
- Encourage children to make up their own yoga stories using the five yoga poses.
- Brainstorm other yoga poses that fit each theme.
- Wear comfortable clothing and practice barefoot.
- Make safety a top priority—clear the space of obstacles and be safe with your bodies.
- Encourage the children to share their yoga experiences with their families and friends.
- Use the ideas in this book as a springboard and add other age-appropriate theme-related yoga poses, songs, breathing techniques, relaxation stories, or meditations.

Get children learning, moving, and having fun with these easy five-pose yoga activities!



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ANIMAL YOGA

1. Pretend to be a giraffe.

How to practice Extended Mountain Pose: Stand tall in Mountain Pose, look up, take your arms straight up to the sky, and touch your palms together. Pretend your arms are the long neck of a giraffe.



2. Pretend to be an elephant.

How to practice Wide-Legged Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms along-side your body. Step your feet out wide, clasp your hands together, and take your hands above your head. Then on a loud exhale, say “Ha” and swing your arms down below your legs, pretending that your arms are the trunk of an elephant. Then, inhale while raising your hands back above your head. Repeat the strong exhale a few times.



3. Pretend to be a dog.

How to practice Downward-Facing Dog Pose: Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and stretch like a dog.



4. Pretend to be a cat.

How to practice Cat Pose: On all fours, round your back and tuck your chin into your chest. Pretend to be a cat.



5. Pretend to be a butterfly.

How to practice Cobbler's Pose: Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.



ANIMAL YOGA



I am a giraffe.

EXTENDED MOUNTAIN POSE



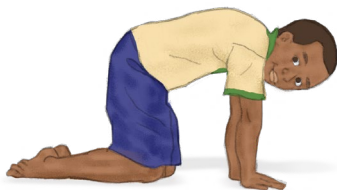
I am an elephant.

STANDING WIDE-LEGGED POSE



I am a dog.

DOWNWARD-FACING DOG POSE



I am a cat.

CAT POSE



I am a butterfly.

COBBLER'S POSE

ARCTIC ANIMALS YOGA

1. Pretend to be a moose.

How to practice Warrior I Pose: Come to standing in Mountain Pose. Step one foot back, slightly angling it outward. Bend your front knee and bring your spread-out hands above your head like the antlers of a moose.



2. Pretend to be a walrus.

How to practice Cobra Pose: Lie on your tummy, lift your head and shoulders off the ground, place your palms flat next to your shoulders, and arch up like a walrus.



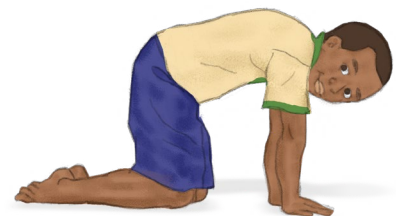
3. Pretend to be a polar bear.

How to practice Bear Walk: Step back to hands and feet in an up-side-down V shape then walk like a bear.



4. Pretend to be a musk ox.

How to practice Cat Pose: On all fours, tuck your chin into your chest and round your back. Walk like an ox.



5. Pretend to be an arctic hare.

How to practice Hero's Pose with Bunny Breath: Come back to rest upright on your heels and place your hands on your thighs. Take a few short, quick breaths in through your nose, and then take a long exhale.



ARCTIC ANIMALS YOGA



I am a moose.

WARRIOR I POSE



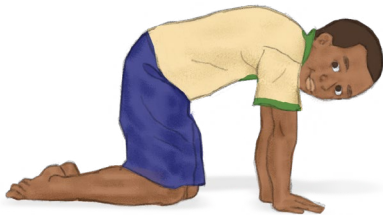
I am a walrus.

COBRA POSE



I am a polar bear.

BEAR WALK



I am a musk ox.

CAT POSE



I am an arctic hare.

HERO'S POSE with BUNNY BREATH

AUTUMN YOGA

1. Pretend to be a bear.

How to practice Downward-Facing Dog Pose: Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and stretch like a bear preparing to sleep in its den.



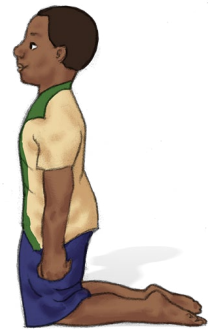
2. Pretend to be a whale.

How to practice Locust Pose: Lie on your tummy, lift your chest and shoulders, and look up. Imagine being a whale migrating south to warmer water.



3. Pretend to be a fox.

How to practice Kneeling: Kneel on your knees, open your chest, take your arms down alongside your body, and look up at the moon like a fox. Imagine your fur growing thicker in the cooler weather.



4. Pretend to be a hedgehog.

How to practice Child's Pose: Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a hedgehog getting ready to hibernate.



5. Pretend to be a monarch butterfly.

How to practice Cobbler's Pose: Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your wings like a butterfly. Imagine flying south to your winter home.



AUTUMN YOGA



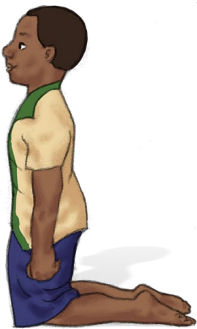
I am a bear.

DOWNWARD-FACING DOG POSE



I am a whale.

LOCUST POSE



I am a fox.

KNEELING



I am a hedgehog.

CHILD'S POSE



I am a monarch butterfly.

COBBLER'S POSE

BEACH YOGA

1. Pretend to be a surfer.

How to practice Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer catching the waves. Switch sides and repeat the steps.



2. Pretend to be a beach chair.

How to practice Chair Pose: Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Sit back as if you are sitting in your beach chair.



3. Pretend to be a sandcastle.

How to practice Downward-Facing Dog Pose: Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend that you are the roof of the sandcastle.



4. Pretend to be a swimmer.

How to practice Locust Pose: Lie on your tummy, lift your chest and shoulders, and look up. Circle your arms and kick your legs as if you are a swimmer in the ocean.



5. Pretend to be a sea star.

How to practice Resting Pose: Lie on your back with your arms and legs stretched out like a sea star. Breathe and rest.



BEACH YOGA



I am a surfer.

WARRIOR 2 POSE



I am a beach chair.

CHAIR POSE



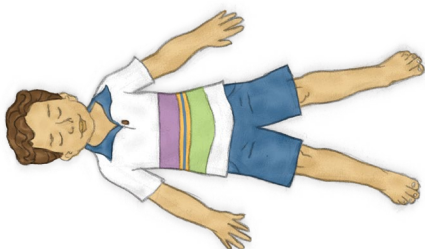
I am a sandcastle.

DOWNWARD-FACING DOG POSE



I am a swimmer.

LOCUST POSE



I am a sea star.

RESTING POSE

CALM DOWN ANGER YOGA

1. Pretend to be an elephant.

How to practice Wide-Legged Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, clasp your hands together, and take your hands above your head. Then on a loud exhale, say “Ha” and swing your arms down below your legs, pretending that your arms are the trunk of an elephant. Then, inhale while raising your hands back above your head. Repeat the strong exhale a few times to release your anger..



2. Pretend to be a jackal.

How to practice Downward-Facing Dog Pose: Bring your palms flat to the floor, step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and stretch like a jackal. Turn your world upside down to release your anger. Try doing that same audible “Ha” exhale to let go of your frustrations.



3. Pretend to be a crocodile.

How to practice Plank Pose: From Downward-Facing Dog Pose, shift forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a crocodile gliding through the water. Stay in this position for a few breaths to build heat in your body. Try a breathing practice of inhaling for three counts and exhaling for three counts. On every exhale, imagine releasing your anger. Feel your body calming down.



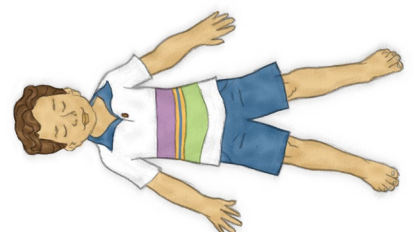
4. Pretend to be a hippo.

How to practice Child’s Pose: Drop your knees to the ground and come back to sitting on your heels. Slowly bring your forehead down to rest on the floor in front of your knees and rest your arms down alongside your body. Pretend to be a hippo in the murky river. Take a few deep breaths to calm your mind. Try saying the mantra “I am okay” to bring yourself back to center. Imagine someone has put a blanket around you filled with love and light.



5. Pretend to be a lion.

How to practice Resting Pose: When you’re ready, lie on your back with your arms and legs stretched out (or in a fetal position), like a lion. Breathe and rest. Try a lion’s breath by sticking your tongue out on an exhale. Relax your entire body. Stay in this position as long as you feel comfortable.



CALM DOWN ANGER YOGA



I am an elephant.

WIDE-LEGGED FORWARD BEND



I am a jackal.

DOWNWARD-FACING DOG POSE



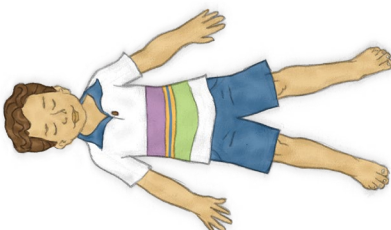
I am a crocodile.

PLANK POSE



I am a hippo.

CHILD'S POSE



I am a lion.

RESTING POSE

CALM DOWN YOGA

1. I am strong. Pretend to be a surfer.

How to practice Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.



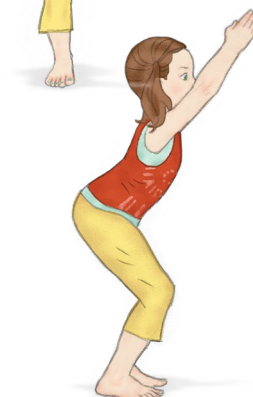
2. I am kind. Pretend to be a tree.

How to practice Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade, creating oxygen, and providing homes to animals.



3. I am brave. Pretend to be a skier.

How to practice Chair Pose: Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.



4. I am friendly. Pretend to be a dog.

How to practice Downward-Facing Dog Pose: Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.



5. I am wise. Pretend to be an owl.

How to practice Hero Pose: Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other.



CALM DOWN YOGA



I am strong.
WARRIOR 2 POSE



I am kind.
TREE POSE



I am brave.
CHAIR POSE



I am friendly.
DOWNWARD-FACING DOG POSE



I am wise.
HERO POSE

CAMPING YOGA

1. Pretend to be the moon.

How to practice Crescent Moon Pose: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side, pretending to be the moon. Come back to center. Tilt your body to the other side.



2. Pretend to be a woodchopper.

How to practice Wide-Legged Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, bend your upper body, clasp your hands together, and pretend you are chopping wood like a woodchopper.



3. Pretend to be a tent.

How to practice Table Top Pose: Come to an all-fours position with your fingers spread out and palms flat on the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to be a tent in a campground.



4. Pretend to be a lantern.

How to practice Legs Up the Wall: Lie flat on your back then slowly raise your legs straight up toward the sky, making an L shape with your body. Keeping your legs together, flex your feet. Spread your arms out to either side and keep your neck in a neutral position. You could also rest your legs up a wall instead. Pretend to be a lantern lighting up the campsite.



5. Pretend to be a moonflower.

How to practice Lotus Pose: Sit with a tall spine, cross your legs, and rest the palms of your hands on your knees. Relax and breathe. Pretend to be a moonflower blooming at night.



CAMPING YOGA



I am the moon.
CRESCENT MOON POSE



I am a woodchopper.
WIDE-LEGGED FORWARD BEND



I am a tent.
TABLE TOP POSE



I am a lantern.
LEGS UP THE WALL



I am a moonflower.
LOTUS POSE

CHRISTMAS YOGA

1. Pretend to be a snowflake.

How to practice Star Pose: Stand tall with your legs hip-width apart and feet facing forward. Straighten your arms out alongside your body. Pretend to be a snowflake drifting down from the sky. Close your eyes (or gaze down in front of you) and take a few deep, calming breaths.



2. Pretend to be a Christmas tree.

How to practice Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Pretend to be a Christmas tree with flashing lights and delightful decorations. Switch sides and repeat the balance on the other leg.



3. Pretend to be the moon.

How to practice Dancer's Pose: Stand tall in Mountain Pose. Then stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you. Imagine creating a moon shape with your outstretched leg. Pretend to be the moon shining over a forest of pine trees or a house filled with sleeping children.



4. Pretend to be a candle.

How to practice Chair Pose: Stand tall in Extended Mountain Pose with your feet hip-width apart and your arms extended above you. Then, bend your knees and sink back as if you are sitting in a chair. Imagine that you are a white candle flickering light over your family. Hold Chair Pose for a few rounds of deep breaths. You should start to feel heat in your body.



5. Pretend to be a log fire.

How to practice Easy Pose: Sit comfortably cross-legged and rest your hands on your knees. Close your eyes (or gaze down in front of you) and imagine that your crossed legs are the logs on the fire. With every extended inhale, imagine filling your body with fresh oxygen (fire). Simply focus on the sound of your breath and begin to quiet your mind.



CHRISTMAS YOGA



I am a snowflake.

STAR POSE



I am a Christmas tree.

TREE POSE



I am the moon.

DANCER'S POSE



I am a candle.

CHAIR POSE



I am a log fire.

EASY POSE

CIRCUS YOGA

1. Pretend to be balancing on a tight rope.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be balancing on a tight rope. Switch sides and repeat the steps.



2. Pretend to be lifting heavy weights.

How to practice Horse Stance: Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm as if you're lifting a heavy weight above your head. Or you could pretend that you have another circus performer standing on your shoulders.



3. Pretend to be doing the splits.

How to practice Lunge Pose: From Horse Stance, come to a standing position. Then, on an exhale, do a swan dive to a Standing Forward Bend. Place your palms flat on the ground. Inhale, and on an exhale, step your right foot back into a lunge, bending deeply into your front left knee while ensuring that your knee is aligned above your ankle. Keep a flat back and open your chest. Pretend to be warming up to do the splits. You could certainly do the splits if that's available to you. Switch sides and repeat the steps.



4. Pretend to be getting ready to do a handstand.

How to practice Downward-Facing Dog Pose: Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air. Check that your palms are flat on the ground and that your fingers are spread out evenly. Stay here or take baby steps forward to bring your torso right over your arms in preparation for a handstand. Again, you could do a full handstand if you're able.



5. Pretend to be reaching for the next trapeze swing.

How to practice Locust Pose: Come to lie on your tummy, lift your chest and shoulders, and look up. Pretend you are a trapeze performer flying from one swing to another. You could also extend up into a full Bow Pose.



CIRCUS YOGA



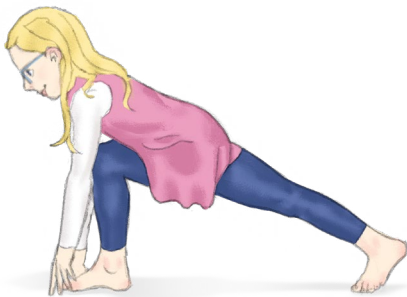
I am balancing on a tight rope.

TREE POSE



I am lifting heavy weights.

HORSE STANCE



I am doing the splits.

LUNGE



I am getting ready to do a handstand.

DOWNWARD-FACING DOG POSE



I am reaching for the next trapeze swing.

LOCUST POSE

EARTH DAY YOGA

1. Pretend to be a tree.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.



2. Pretend to be a waterfall.

How to practice Standing Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body and reach for your toes. Pretend to be a clear, rushing waterfall that is safe to drink from.



3. Pretend to be a fish.

How to practice Locust Pose: Lie on your tummy, lift your chest and shoulders, look up, clasp your hands back behind you, and glide through the clean ocean waters like a fish.



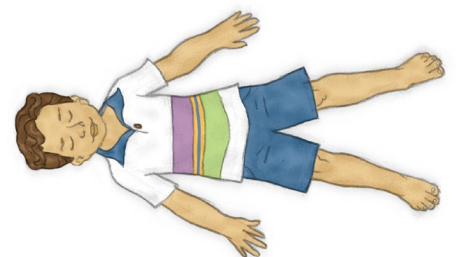
4. Pretend to be a spider plant.

How to practice Flower Pose: Come to sit on your buttocks with a tall spine, lift your bent legs, balance on your sitting bones, and weave your arms under your legs with your palms facing up. Pretend to be a spider plant purifying the air.



5. Pretend to be stargazing.

How to practice Resting Pose: Lie on your back with your arms and legs stretched out as if you are stargazing. Rest on your back and look at the shining stars through the clear night sky, with no air or light pollution.



EARTH DAY YOGA



I am a tree.

TREE POSE



I am a waterfall.

STANDING FORWARD BEND



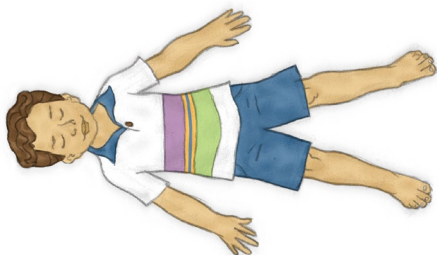
I am a fish.

LOCUST POSE



I am a spider plant.

FLOWER POSE



I am stargazing.

RESTING POSE

EASTER YOGA

1. Pretend to be a chick.

How to practice Squat Pose: Come down to a squat with your knees apart and bend your arms, pretending they are the wings of a chick. Then try squeaking like a baby chick.



2. Pretend to be the Easter Bunny.

How to practice Hero Pose with Bunny Breath: Come to rest upright on your heels with your palms resting on your knees and take four to six short breaths then a long exhale. Pretend to be the Easter Bunny delivering eggs.



3. Pretend to be an Easter Lily.

How to practice Flower Pose: Sit on your buttocks, keeping a tall spine, then lift your bent legs while balancing on your sitting bones. Weave your arms under your legs with your palms facing up. Pretend to be a blossoming Easter lily.



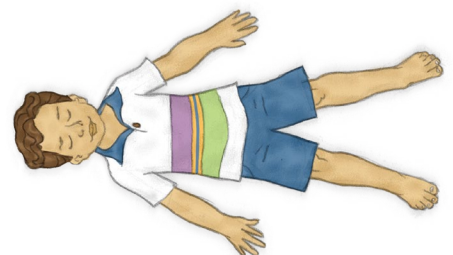
4. Pretend to be an Easter egg.

How to practice Knees to Chest: Lie on your back, bend your knees, and hug them close to your chest. Pretend to be a decorated Easter egg in a basket.



5. Pretend to be the Spring breeze.

How to practice Resting Pose with Extended Breath: Lie on your back with your arms and legs stretched out. As you exhale deeply, use the sound of your breath to be the spring breeze blowing across the meadow.



EASTER YOGA



I am a chick.
SQUAT POSE



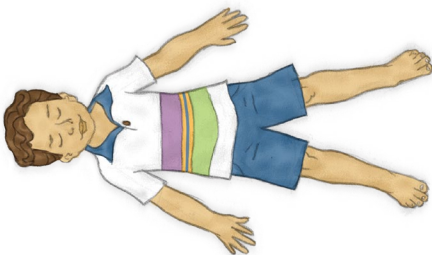
I am the Easter Bunny.
HERO POSE WITH BUNNY BREATH



I am an Easter lily.
FLOWER POSE



I am an Easter egg.
KNEES TO CHEST



I am the Spring breeze.
**RESTING POSE WITH
EXTENDED BREATH**

EMOTIONS YOGA

1. Pretend to be a grateful giraffe.

How to practice Extended Mountain Pose: Stand tall in Mountain Pose, look up, take your arms straight up to the sky, and touch your palms together. Pretend your arms are the long neck of a giraffe.



2. Pretend to be a finicky flamingo.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be a flamingo picking at its snack. Switch sides and repeat the steps.



3. Pretend to be a caring koala.

How to practice Eagle Pose: Stand tall in Mountain Pose. Wrap your left leg around your right. Bring your bent arms out in front of you, wrap your right arm around your left arm, and bend your knees slightly. Pretend to be a momma koala cuddling her baby. Switch sides and repeat the steps.



4. Pretend to be an excited elephant.

How to practice Wide-Legged Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, bend your upper body, clasp your hands together, and pretend your arms are the trunk of an elephant. Take your clasped hands up overhead (inhale), making the excited sound of an elephant, then bring your clasped hands down (exhale), pretending to drink from the waterhole.



5. Pretend to be a frustrated frog.

How to practice Squat Pose: Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Jump up like a frog trying to catch a fly and then come back to a squat position.



EMOTIONS YOGA



I am a grateful giraffe.

EXTENDED MOUNTAIN POSE



I am a finicky flamingo.

TREE POSE



I am a caring koala.

EAGLE POSE



I am an excited elephant.

WIDE-LEGGED FORWARD BEND



I am a frustrated frog.

SQUAT POSE

FAIRY YOGA

1. Pretend to be dancing at the fairy ball.

How to practice Dancer's Pose: Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you. Repeat on the other side. Pretend to be a dancing fairy.



2. Pretend to be flying through the fairy forest.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out to the sides to pretend you are flying through the fairy forest. Repeat on the other side.



3. Pretend to be swimming near the fairy waterfall.

How to practice Locust Pose: Lie on your tummy. Lift your chest and shoulders, look up, and rotate your bent arms in circles as if you are swimming through the waterfall pools.



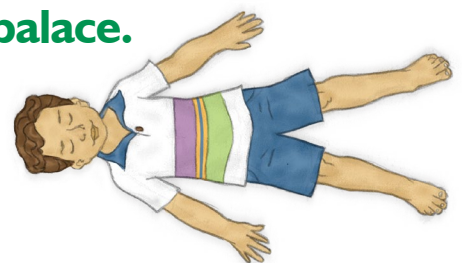
4. Pretend to be fluttering around the fairy garden.

How to practice Cobbler's Pose: Shift back to sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly. Pretend to flutter around the fairy flowers.



5. Pretend to be sleeping peacefully in the fairy palace.

How to practice Resting Pose: Lie on your back with your arms and legs outstretched. Breathe and rest. Imagine you are resting in your cozy fairy bed in your fairy palace.



FAIRY YOGA



I am dancing at the
fairy ball.

DANCER'S POSE



I am flying through the
fairy forest.

WARRIOR 3 POSE



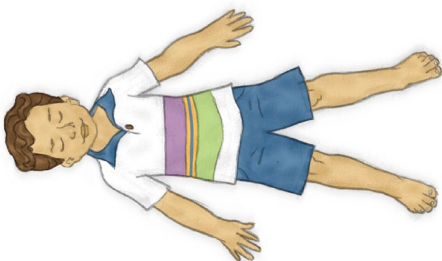
I am swimming near the
fairy waterfall.

LOCUST POSE



I am fluttering around
the fairy garden.

COBBLER'S POSE



I am sleeping peacefully
in the fairy palace.

RESTING POSE

FARM ANIMALS YOGA

1. Pretend to be a hen.

How to practice Squat Pose: Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Pretend to be a hen in the stinky chicken coop.



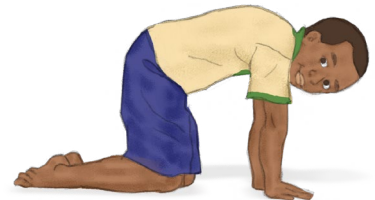
2. Pretend to be a horse.

How to practice Three-Legged Dog Pose: Step back to hands and feet, like an upside-down V, and gently lift one leg at a time. Pretend to be a horse kicking its legs.



3. Pretend to be a sheep.

How to practice Cat Pose: On all fours, round your back and tuck your chin into your chest. Pretend to be a sheep munching on hay.



4. Pretend to be a cow.

How to practice Cow Pose: On all fours, look up, arch your back, and open your chest. Pretend to be a cow getting milked by the farmer.



5. Pretend to be a pig.

How to practice Happy Baby Pose: Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of each foot—right foot in right hand and left foot in left hand. Pretend to be a pig playing in the mud.



FARM ANIMALS YOGA



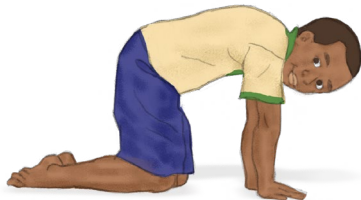
I am a hen.

SQUAT POSE



I am a horse.

THREE-LEGGED DOG POSE



I am a sheep.

CAT POSE



I am a cow.

COW POSE



I am a pig.

HAPPY BABY POSE

GARDEN YOGA

1. Pretend to be a tree.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.



2. Pretend to be a frog.

How to practice Squat Pose: Come down to a squat with your knees apart and your arms resting between your knees. Touch your hands to the ground. Jump up like a frog and then return to a squat position..



3. Pretend to be a seed.

How to practice Child's Pose: Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a seed in the garden.



4. Pretend to be a butterfly.

How to practice Cobbler's Pose: Gently come up and sit on your buttocks with a tall spine. Bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.



5. Pretend to be a flower.

How to practice Flower Pose: From Cobbler's Pose, lift your bent legs, balance on your sitting bones, and weave your arms under your legs with your palms facing up. Pretend to be a blossoming flower.



GARDEN YOGA



I am a tree.
TREE POSE



I am a frog.
SQUAT POSE



I am a seed.
CHILD'S POSE



I am a butterfly.
COBBLER'S POSE



I am a flower.
FLOWER POSE

HALLOWEEN YOGA

1. Pretend to be a ghost.

How to practice Mountain Pose: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Move with arms around like a ghost.



2. Pretend to be the moon.

How to practice Extended Mountain Pose: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side, pretending to be the moon. Come back to center. Tilt your body to the other side.



3. Pretend to be a crooked tree.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a crooked tree and lift your arms up like the branches. Switch sides and repeat the steps.



4. Pretend to be a witch on a broom.

How to practice Chair Pose: Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Pretend you are riding a broom like a witch.



5. Pretend to be a bat.

How to practice Standing Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and hang like a bat.



HALLOWEEN YOGA



I am a ghost.

MOUNTAIN POSE



I see the moon.

EXTENDED MOUNTAIN POSE



I am a crooked tree.

TREE POSE



I am a witch on a broom.

CHAIR POSE



I am a bat.

STANDING FORWARD BEND

LOVE YOGA

1. I am positive.

How to practice Extended Side Angle: From Triangle Pose, bend your front leg, rest your front elbow on your thigh, and reach your other arm straight up high to the sky. Look up. Squeeze your shoulder blades and tilt your chest to the sky. Repeat the Warrior I Pose, Triangle Pose, and Extended Side Angle Pose flow on the other side. Smile and say, “I am positive.”



2. I am graceful.

How to practice Dancer's Pose: Come up to standing tall in Mountain Pose. Stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you. Be steady and confident in your balance. Switch legs and repeat the pose. Say, “I am graceful.”



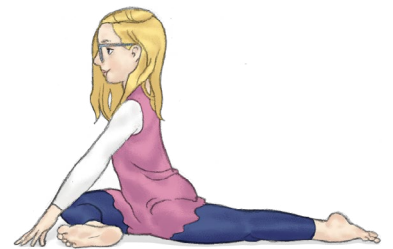
3. I am confident.

How to practice Cobra Pose: Lie on your tummy, lift your head and shoulders off ground, place your palms flat next to your shoulders, and open your chest. Imagine your heart opening and releasing any blocked emotions. Say, “I am confident.”



4. I am proud.

How to practice Pigeon Pose: Step back to an upside down V shape on your palms and feet. Then shift forward, bring right foot to rest behind right hand, placing right foot slightly inwards, straighten your arms, squeeze shoulder blades, and open your front body. Repeat the steps on the other side. Be confident and say, “I am proud.”



5. I appreciate myself.

How to practice Bridge Pose: Come to lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your buttocks to create a bridge. Say, “I appreciate myself.”



LOVE YOGA



I am positive.

EXTENDED SIDE ANGLE



I am graceful.

DANCER'S POSE



I am confident.

COBRA POSE



I am proud.

PIGEON POSE



I appreciate myself.

BRIDGE POSE

NIGHT ANIMALS YOGA

1. Pretend to be a bat.

How to practice Standing Forward Bend: How to practice Standing Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and pretend to hang upside-down like a bat.



2. Pretend to be a toad.

How to practice Squat Pose: How to practice Squat Pose: Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Jump up like a toad and then come back to a squat position. Repeat the toad hop a few times.



3. Pretend to be a fox.

How to practice Extended Cat Pose: Come to all fours, extend one leg out behind you, and look forward. Take the opposite arm out in front of you to counter-balance. Pretend to be a fox dashing through the forest. Repeat on the other side.



4. Pretend to be a coyote.

How to practice Downward-Facing Dog Pose: Step back to your hands and feet, with your buttocks up in the air, creating a V shape. Stretch like a coyote.



5. Pretend to be an owl.

How to practice Hero Pose: Come to rest upright on your heels, with your palms resting on your knees. Twist your upper body like an owl turning its head. Turn your upper body one way and then the other.



NIGHT ANIMALS YOGA



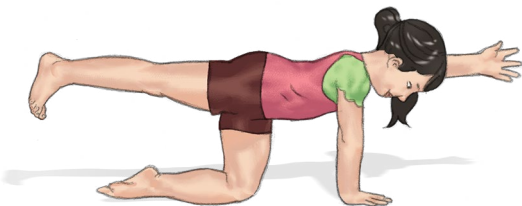
I am a bat.

STANDING FORWARD BEND



I am a toad.

SQUAT POSE



I am a fox.

EXTENDED CAT POSE



I am a coyote.

DOWNWARD-FACING DOG POSE



I am an owl.

HERO POSE

OCEAN YOGA

1. Pretend to be a jellyfish.

How to practice Standing Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and sway your arms like the tentacles of a jelly.



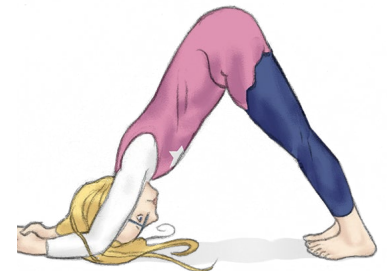
2. Pretend to be a shark.

How to practice Locust Pose: Lie on your tummy, lift your chest and shoulders, look up, clasp your hands back behind you, and pretend to glide through the water like a shark.



3. Pretend to be a dolphin.

How to practice Dolphin Pose: On your hands-and-knees, bend your elbows. Rest your forearms on the ground, with your palms flat. Lift your knees to straighten your legs while looking forward. Pretend to be a dolphin jumping through the waves.



4. Pretend to be a crab.

How to practice Table Top Pose: Come to an all-fours position with your fingers spread out and palms flat on the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to be scurrying across the sand like a crab.



5. Pretend to be a turtle.

How to practice Tortoise Pose: Sit on your buttocks with your knees bent and your feet flat on the floor. Then take your feet out wide and be sure you are sitting with a tall, straight spine. Slide your arms under your knees and place your hands flat on the floor outside your legs. Bend forward, keeping your back and neck straight. Pretend to be a turtle poking its head out of the shell.



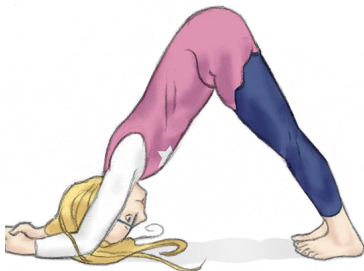
OCEAN YOGA



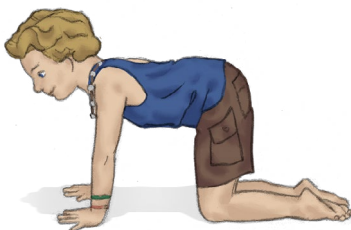
I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

PARTNER POSES

1. Partner Tree Pose

How to practice Partner Tree Pose: Stand next to each other, either holding hands or with your arms around each other's waist. Stand tall with your shoulders back, head up, spine straight, and legs firmly planted into the ground. Then shift to stand on your inner leg—you'll be creating a mirror image with your partner. Bend your other leg, place the sole of your foot on your inner thigh or calf (just not on your knee), and help each other to balance. If you feel steady, take your outer arm and reach up to the sky. You could also sway together like trees in the wind. Switch sides and repeat the steps.



2. Partner Eagle Pose

How to practice Partner Eagle Pose: Come back to standing next to each other, holding hands or with your arms around each other's waist. Stand tall once again. Shift to standing on your inner leg. Wrap the other leg around your standing leg, bring your bent outer arm in front of you, and link arms with your partner in front of yourselves. Try to bend your knees slightly and pretend to perch on a tree like an eagle. Switch sides and repeat the steps.



3. Partner Downward-Facing Dog Pose

How to practice Partner Downward-Facing Dog Pose: From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Once you are in a comfortable position, your child can join you by practicing Downward-Facing Dog Pose underneath you or next to you. Pretend to be dogs or another similar animal.



4. Lizard Sunbathing on a Rock

How to practice Lizard Sunbathing on a Rock: Once your child is out from underneath you, drop your knees to the ground and come to an all-fours position. Then shift back to place your buttocks on your heels, slowly bring your forehead down to rest in between your knees, rest your arms down alongside your body, and take a few deep breaths in Child's Pose. Once you are in a comfortable resting position, pretending to be a rock, your child can slowly place her buttocks on your lower back and begin to recline so that her back is lying on your spine and her head rests on your upper back. Encourage your child to open up and relax completely. To come out of the pose, gently lift your torso while helping your child to slowly stand up.



5. Partner Easy Pose

How to practice Partner Easy Pose: Come to sitting in a comfortable cross-legged position. You might like to sit on a cushion or bolster and place blocks under your knees. Once you are comfortable in Easy Pose, your child can sit your lap. Take a few deep breaths together. Close your eyes and pretend to be clouds floating through the sky. This is a great position to introduce a family meditation practice.



PARTNER POSES



PARTNER TREE POSE



PARTNER EAGLE POSE



**PARTNER DOWNWARD-FACING
DOG POSE**



**LIZARD SUNBATHING ON A
ROCK**

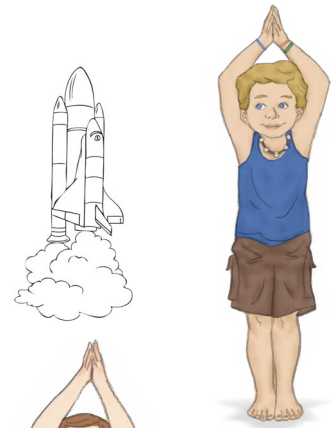


PARTNER EASY POSE

PEOPLE YOGA

1. I am an astronaut. Pretend to be a rocket.

How to practice Extended Mountain Pose: Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Pretend to be a rocket shooting into outer space.



2. I am a forest ranger. Pretend to be a tree.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.



3. I am a pilot. Pretend to be an airplane.

How to practice Warrior 3 Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.



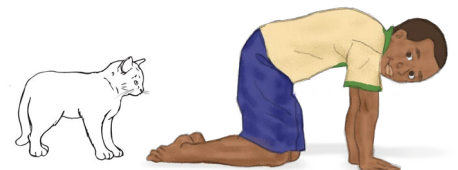
4. I am a bus driver. Pretend to be a chair.

How to practice Chair Pose: Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you with straight arms. Pretend to be a passenger on a bus.

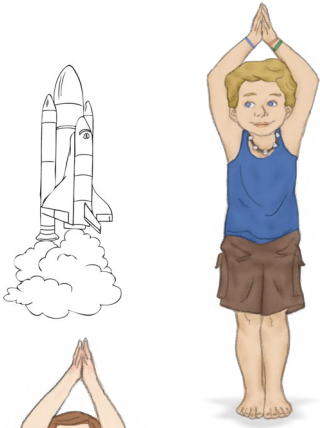


5. I am a veterinarian. Pretend to be a cat.

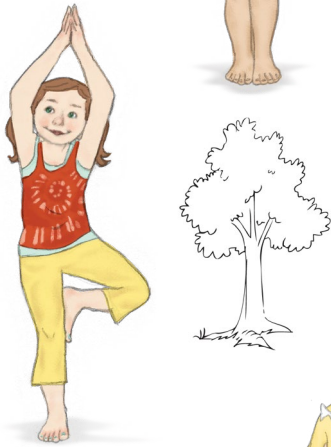
How to practice Cat Pose: On all fours, round your back and tuck your chin into your chest. Pretend to be a cat getting a checkup.



PEOPLE YOGA



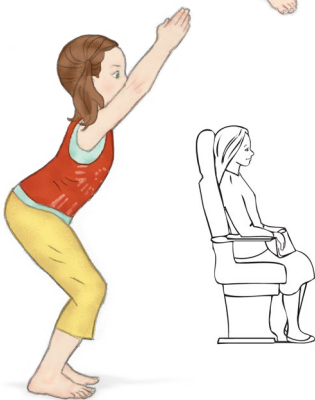
I am an astronaut.
EXTENDED MOUNTAIN POSE



I am a forest ranger.
TREE POSE



I am a pilot.
WARRIOR 3 POSE



I am a bus driver.
CHAIR POSE



I am a veterinarian.
CAT POSE

SHAPES YOGA

1. Pretend to be a triangle.

How to practice Downward-Facing Dog Pose: From Standing Forward Bend, step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend to create a triangle shape. (You could also practice Triangle Pose to see a triangle created with your legs.) Say, "I'm a triangle!"



2. Pretend to be a rectangle.

How to practice Plank Pose: From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes, in a plank position. Keep your arms straight and your back long and flat. Imagine that you are creating a rectangle shape with your body. Say, "I'm a rectangle!"



3. Pretend to be a square.

How to practice Table Top Pose: Drop your knees gently on the floor and come to an all-fours position with your fingers spread out and palms flat on the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to create a square shape with your body. Say, "I'm a square!"



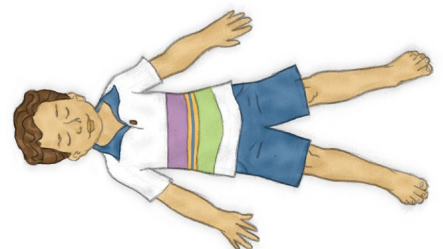
4. Pretend to be a circle.

How to practice Child's Pose: Shift back to sitting on your heels. Slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a circle shape with your body. Say, "I'm a circle!"



5. Pretend to be a star.

How to practice Resting Pose: Lie on your back with your arms and legs stretched way out, like a star. Say, "I'm a star!" Breathe deeply and rest.



SHAPES YOGA



I am a triangle.

DOWNWARD-FACING DOG POSE



I am a rectangle.

PLANK POSE



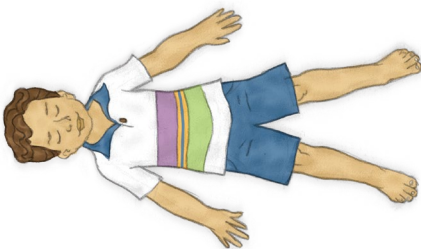
I am a square.

TABLE TOP POSE



I am a circle.

CHILD'S POSE



I am a star.

RESTING POSE

SPRING YOGA

1. Pretend to be the sun.

How to practice Extended Mountain Pose: Stand tall in Mountain Pose, look up, reach your arms up to the sky, and place your palms together. Pretend to be the rays of sunshine.



2. Pretend to be a tree.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.



3. Pretend to be a flying bird.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Pretend that you are flapping your wings like a bird. Switch sides and repeat the steps.



4. Pretend to be the falling rain.

How to practice Standing Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and hang your arms like the falling rain.



5. Pretend to be planting seeds.

How to practice Squat Pose: Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground and pretend to be planting seeds in the garden.



SPRING YOGA



I am the sun.

EXTENDED MOUNTAIN POSE



I am a tree.

TREE POSE



I am a flying bird.

WARRIOR 3 POSE



I am the falling rain.

STANDING FORWARD BEND



I am planting seeds.

SQUAT POSE

ST PATRICK'S DAY YOGA

1. Pretend to be Saint Patrick.

How to practice Mountain Pose: Stand tall with your legs hip-width apart and feet facing forward. Take your arms straight alongside your body. Pretend to be Saint Patrick casting the snakes from Ireland.



2. Pretend to dancing the jig.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be dancing the jig. Switch sides and repeat the steps.



3. Pretend to be a leprechaun.

How to practice Horse Stance: Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm. Pretend to be a leprechaun guarding his gold.



4. Pretend to be a shamrock.

How to practice Flower Pose: Come to sit on your buttocks with a tall spine, lift your bent legs, balance on your sitting bones, and weave your arms under your legs with your palms facing up. Pretend to be a shamrock bringing good luck.



5. Pretend to be a pot of gold.

How to practice Happy Baby Pose: Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of each foot—right foot in right hand and left foot in left hand. Pretend to be a pot of gold at the end of a rainbow.



ST PATRICK'S DAY YOGA



I am Saint Patrick.
MOUNTAIN POSE



I am dancing the jig.
TREE POSE



I am a leprechaun.
HORSE STANCE



I am a shamrock.
FLOWER POSE



I am a pot of gold.
HAPPY BABY POSE

SUPERHERO YOGA

1. I am brave.

How to practice Warrior 1 Pose: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step one foot back, angling it slightly outward. Bend your front knee, bring your arms straight up toward the sky, and look up. Say “I am brave.” Repeat on the other side.



2. I am strong.

How to practice Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up parallel to the ground, bend your front knee, and look forward. Say “I am strong.” Switch sides and repeat the steps.



3. I am peaceful.

How to practice Peaceful Warrior Pose (Reverse Warrior Pose): From Warrior 2 Pose, flip your front palm up to the sky, tilt your torso backward, and rest your back hand gently on your back thigh. Look up at your extended hand, open your chest, and keep your spine long and straight. Switch sides and repeat the steps.



4. I am kind.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Say “I am kind.” Switch sides and repeat the steps.



5. I am a superhero!

How to practice Half Moon Pose: From a standing position, step your left foot back while opening your hip out to the side. Tilt forward, place your right hand flat on the ground (or on a block) in front of your right foot, while simultaneously lifting up your left foot. Open your hips, extend your left arm up to the sky, and stack your shoulders over each other. If possible, try gazing out to the left. Say “I am a superhero!” Switch sides and repeat the steps.



SUPERHERO YOGA



I am brave.

WARRIOR I POSE



I am strong.

WARRIOR 2 POSE



I am peaceful.

PEACFUL WARRIOR POSE



I am kind.

WARRIOR 3 POSE



I am a superhero!

HALF MOON POSE

THANKSGIVING YOGA

1. I am grateful for the birds.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out to the side. Flap your arms like the wings of a bird.



2. I am grateful for the trees.

How to practice Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree.



3. I am grateful for the rain.

How to practice Standing Forward Bend: From Mountain Pose, bend your upper body, reach for your toes, and pretend to be the falling rain.



4. I am grateful for the flowers.

How to practice Flower Pose: Come to sit on your buttocks with a tall spine, lift up your legs, balance on your sitting bones, touch the soles of your feet together, and weave your arms under your legs. Pretend to blossom like a flower.



5. I am grateful for the stars.

How to practice Resting Pose: Lie on your back with your arms and legs stretched out like a star. Breathe and rest.



THANKSGIVING YOGA



I am grateful for the birds.
WARRIOR 3 POSE



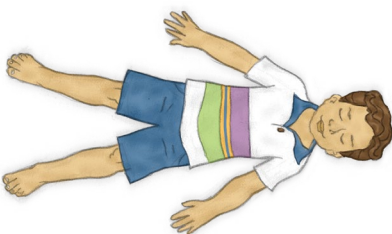
I am grateful for the trees.
TREE POSE



I am grateful for the rain.
STANDING FORWARD BEND



I am grateful for the flowers.
FLOWER POSE

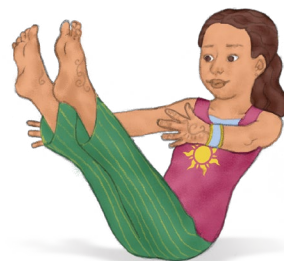


I am grateful for the stars.
RESTING POSE

TRANSPORTATION YOGA

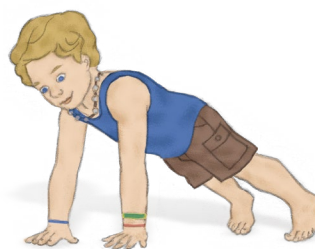
1. I am a boat.

How to practice Boat Pose: Balance on your buttocks with your arms and legs straight out in front of you, in a V shape. Keep a straight spine and open chest. Then pretend to rock in the water like a boat.



2. I am a surfboard.

How to practice Plank Pose: From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a surfboard gliding through the water.



3. I am a sailboat.

How to practice Triangle Pose: From a standing position, step one foot back, pointing your toe slightly outwards. Take your arms up parallel to the ground, bend at your waist, and tilt your upper body to the side. Reach your front hand to gently rest on your shin and reach your other arm straight up. Pretend to be a sailboat gliding through the water. Switch sides and repeat the steps.



4. I am a train.

How to practice Staff Pose: Sit with a tall spine and your legs straight out in front of you. Move your hands like the wheels of a train going down the track.

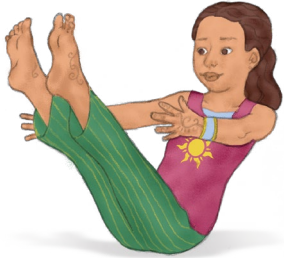


5. I am a motorbike.

How to practice Lunge Pose: From Downward-Facing Dog Pose, step your right foot forward to rest just inside your right hand. Keep a flat back and open your chest. Pretend to be a motorbike cruising down the road. Switch sides and repeat the steps.



TRANSPORTATION YOGA



I am a boat.

BOAT POSE



I am a surfboard.

PLANK POSE



I am a sailboat.

TRIANGLE POSE



I am a train.

STAFF POSE



I am a motorbike.

LUNGE POSE

WEATHER YOGA

1. Pretend to be sunny.

How to practice Extended Mountain Pose: Stand tall in Mountain Pose, inhale, look up, take your arms straight up to the sky, and say hello to the sun. You can then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths and imagine soaking up rays of sunshine.



2. Pretend to be windy.

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the wind. Switch sides and repeat the steps.



3. Pretend to be lightning.

How to practice Chair Pose: Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands up in front of you with straight arms, pretending to be a lightning bolt.



4. Pretend to be raining.

How to practice Standing Forward Bend: From Mountain Pose, bend your upper body, keep a straight spine, and reach for your toes. Pretend your arms are falling raindrops.



5. Pretend to be snowing.

How to practice Child's Pose: Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a snowflake falling from the sky. Take a few deep breaths.



WEATHER YOGA



It is sunny.

EXTENDED MOUNTAIN POSE



It is windy.

TREE POSE



I see lightning.

CHAIR POSE



It is raining.

STANDING FORWARD BEND



It is snowing.

CHILD'S POSE

WINTER SPORTS YOGA

1. Pretend to be a snowboarder.

How to practice Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outward. Take your arms up into a position parallel to the ground. Bend your front knee and look forward as though you are snowboarding. Switch sides and repeat the steps.



2. Pretend to be a figure skater.

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms back behind you. Pretend to be gliding down the ice like a figure skater. Switch sides and repeat the steps.



3. Pretend to be a hockey player.

How to practice Horse Stance: Stand with your legs apart, with your feet facing slightly outward, bend your knees, and stand firm like a hockey goalie clutching a hockey stick.



4. Pretend to be an alpine skier.

How to practice Chair Pose: Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and pretend to be skiing down the mountain.



5. Pretend to be a curler.

How to practice Lunge Pose: Come to a lunge position by stepping back with one leg and bending your front knee. Swing your right arm as if you are sliding a curling stone along the ice. Switch sides and repeat the steps.



WINTER SPORTS YOGA



I am a snowboarder.
WARRIOR 2 POSE



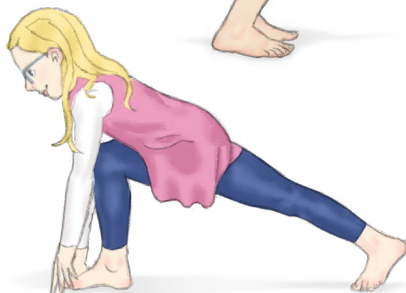
I am a figure skater.
WARRIOR 3 POSE



I am a hockey player.
HORSE STANCE



I am an alpine skier.
CHAIR POSE



I am a curler.
LUNGE POSE

ZOO YOGA

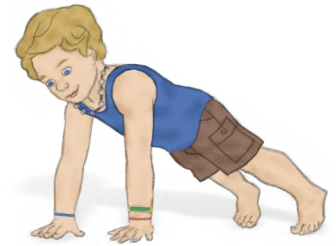
1. Pretend to be an elephant.

How to practice Wide-Legged Standing Forward Bend: From standing, step your feet hip-width apart, bend your upper body, clasp your hands together, and sway your arms like the trunk of an elephant.



2. Pretend to be a crocodile.

How to practice Plank Pose: Come down to a plank on your hands and toes like a crocodile.



3. Pretend to be a bear.

How to practice Downward-Facing Dog Pose: Come back to hands and feet in an upside-down V shape then walk like a bear.



4. Pretend to be a tiger.

How to practice Cat Pose: Come down to all fours, tuck your chin into your chest, and round your back like a tiger.



5. Pretend to be a hippo.

How to practice Child's Pose: Come to sitting back on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend you are a hippo resting in the water.



ZOO YOGA



I am an elephant.

WIDE-LEGGED STANDING FORWARD BEND



I am a crocodile.

PLANK POSE



I am a bear.

DOWNWARD-FACING DOG POSE



I am a tiger.

CAT POSE



I am a hippo.

CHILD'S POSE

ABOUT THE AUTHOR

Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga stories for kids. The purpose of her yoga books is to foster happy, healthy, and globally educated children. She lives in Boston with her husband and daughter.

ABOUT KIDS YOGA STORIES

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READ OR WRITE A REVIEW. Read what others have to say about our yoga books and kids yoga lesson plans. Post your own review on Amazon or on our website. We would love to hear how you enjoyed these monthly yoga ideas.

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Giselle

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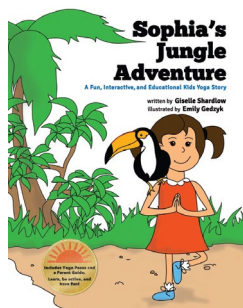
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www.amazon.com/author/giselleshardlow

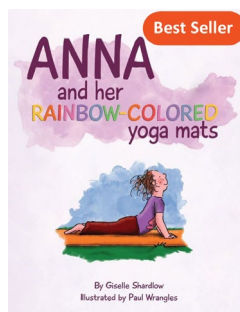
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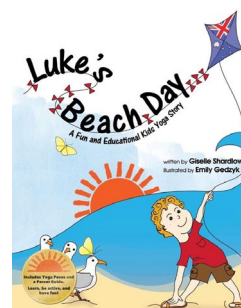
YOGA BOOKS FOR KIDS



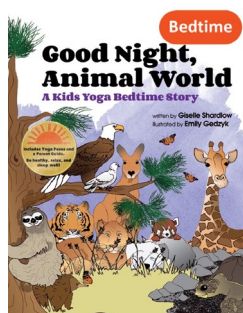
Sophia's Jungle Adventure



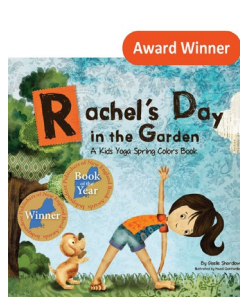
Anna and her Rainbow-Colored Yoga Mats



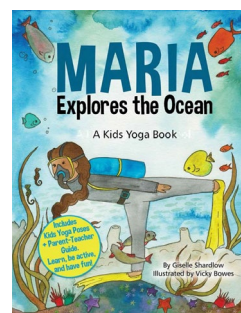
Luke's Beach Day



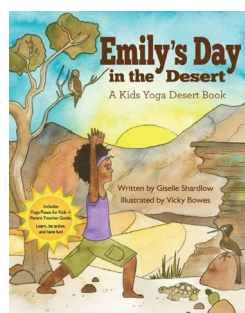
Good Night, Animal World



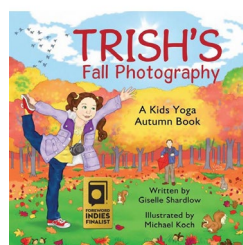
Rachel's Day in the Garden



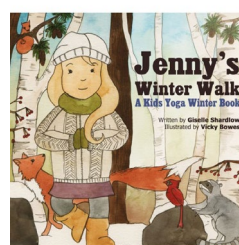
Maria Explores the Ocean



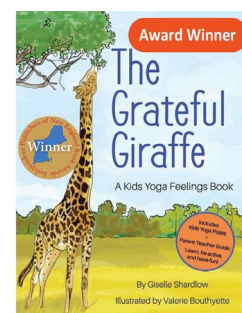
Emily's Day in the Desert



Trish's Fall Photography



Jenny's Winter Walk



The Grateful Giraffe

OTHER KIDS YOGA RESOURCES

Yoga Poses for Kids Cards (Deck One)

Yoga Poses for Kids Cards (Deck Two)

Monthly Kids Yoga Themes eBook

Kids Yoga Class Ideas eBook

Buy now at: www.amazon.com/author/giselleshardlow or <http://www.kidsyogastories.com/store>.

SIMPLE YOGA SEQUENCES FOR KIDS

Are you looking for playful, theme-related yoga ideas?

Simple Yoga Sequences for Kids is great for primary school teachers, kids yoga teachers, parents, caregivers, health practitioners, and recreation staff looking for fun, simple ways to add basic yoga principles to their curriculum, classes, or home life.

Each of the thirty themes includes:

- Five yoga poses for kids
- Instructions for each pose
- Easy reference yoga poster

Explore through movement, and get your kids learning, moving and having fun!



KIDS YOGA STORIES

by Giselle Shardlow
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