

SUPER TROOPERS

with

laya
healthcare

Yoga Exercises/Stretches for Children

Tree Pose

(calms the mind; works on balance)

- Standing up straight, become long and tall in your spine
- Raise one foot and rest it on your opposite ankle or above your knee (avoid pressing your foot into the knee joint)
- Try to keep your balance
- Your hands can be palm-to-palm at your chest or in the air like branches
- Take a few deep breaths before switching legs



Mountain Pose

(excellent for posture, lengthening and strengthening)

- Stand up straight and inhale
- Plant your feet firmly on the ground
- Imagine there is a string gently pulling you up from the top of your head and relax your shoulders
- Your hands should be pointing downward, straight and by your sides
- Inhale and exhale deeply, holding for thirty seconds - this brings maximum length and strength
- Equal weight in both feet is very important



Airplane Pose

(helps to increase concentration levels; teaches children to maintain balance; helps strengthen legs, arms and chest)

- Stand up straight and inhale
- Step forward with your right leg
- Both legs should be straight
- Lean your body a little forward
- Raise your arms upwards on either side to maintain balance (to look like airplane wings)
- Hold this pose for a few seconds
- Lower your arms and stand up straight
- Repeat, this time balancing on the opposite leg



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Crescent Moon Pose

(helps relieve stress; stretches the abdomen, hands and spinal cord)

- Stand up straight and inhale
- Raise your hands upward while inhaling, with your fingers directed at the sky
- Join the palms of your hands
- Exhale and bend your body a little towards the right side
- Hold for a few seconds
- Then inhale and stand up straight
- Bring your arms down while exhaling
- Repeat this for the left side



Cat/Cow Pose

(gently massages the organs and spinal cord; helps stretch neck and torso)

- Kneel down on all fours with your hands underneath your shoulders and your knees underneath your hips
- Your hands should be straight with your elbows locked
- Allow your tummy to sink slightly towards the floor while inhaling and looking up to the sky
- Exhale and slightly raise your tummy towards the sky while looking towards your tummy
- Repeat two or three times



Plank Pose

(helps strengthen the core and energize the entire body)

- Stand up straight and inhale
- Bend your upper body downwards from your waist
- Place the palms of your hands on the floor
- Push your bottom upwards
- Elbows shouldn't be bent
- Lower your torso down until it becomes parallel to the ground (as if you are about to do a push up)
- Keep your arms perpendicular to the ground with open palms
- Toes should be on the floor
- Hold for a few seconds
- Lower your body down to the ground and lie down to relax
- Repeat two or three times

