


# Yoga for children

## Printables

*Kid's life*

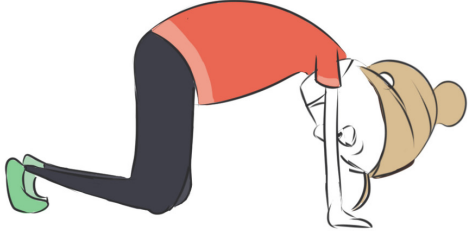


**Cow**

The cow pose is often associated with the cat pose. Both of them can benefit the back. The cow also allows to strengthen the upper body.

difficulty **1/5**

*Kid's life*




**Cat**

The cat pose helps relaxing the back. It also allows to work on the coordination of movement with breath. This is an important aspect of yoga.

difficulty **1/5**

*Kid's life*




**Butterfly**

The butterfly pose helps the child focusing, it is adequate for the practice of meditation. It is a sitting and comfortable pose which strengthens both the spine and the back.

difficulty **1/5**

*Kid's life*



**Mountain**

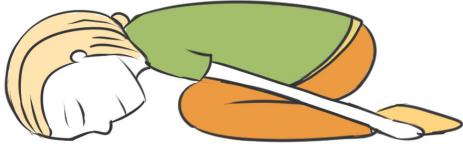
The mountain pose is the basic pose of yoga. It teaches how to align the shoulders, the hips and the feet in order to be rooted to the ground and it strengthens the lower body.

difficulty **1/5**

# Yoga for children

## Printables

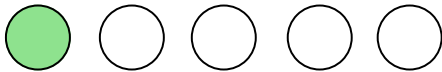
Kidslife



Snail

The snail pose allows to relax the body and to focus on the breath. It also helps opening the rib cage and stretching the back.

difficulty



1/5

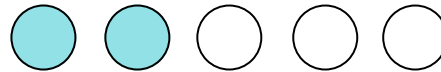
Kidslife



Warrior

The warrior pose is very recognizable. It can be performed by yoga beginners as well as by more experimented persons. It increases flexibility and improves balance.

difficulty



2/5

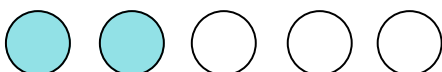
Kidslife



Dog

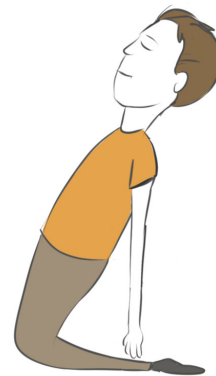
The downward-facing dog pose helps promoting the blood flow through the brain. It is perfect for inner calm. It also allows to enhance the arms' musculature and to stretch the calves.

difficulty



2/5

Kidslife



Camel

The camel pose opens the rib cage, stretches the thighs and the abdominal muscles. It gives flexibility to the spine in order not to have a stooped back.

difficulty

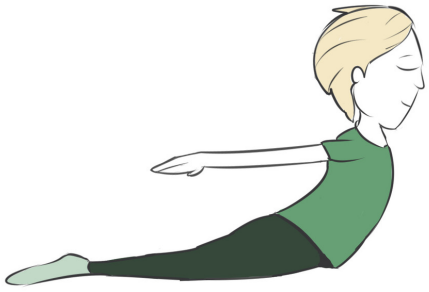


2/5

# Yoga for children

## Printables

*Kids' tips*

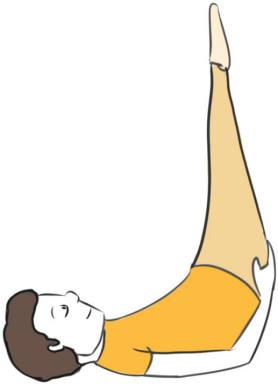


**Cobra**

The cobra pose is perfect before a rest. It allows to free the accumulated energy in order to relax the body. The child can also let his hands on the ground and push on them.

difficulty **3/5**

*Kids' tips*




**Shoulderstand**

The shoulderstand pose is excellent for the blood flow and it massages the spine. It is very funny for the children and allows to evacuate stress or accumulated tensions.

difficulty **3/5**

*Kids' tips*



**Flamingo**

The flamingo pose allows to work on self-elevation and in the meantime, on equilibrium and balance. It is to be done to strengthen self-confidence.

difficulty **3/5**

*Kids' tips*



**Tree**

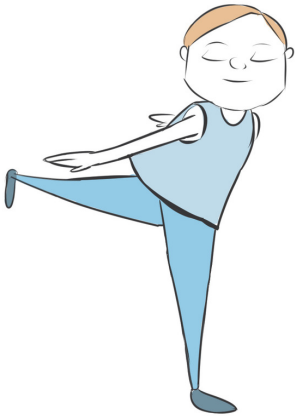
The tree pose is excellent for balance. It allows the development of focus, listening and patience. It is important not to forget to make both sides work.

difficulty **3/5**

# Yoga for children

## Printables

*Kid's ipe*




**Plane**

The plane pose favours the body stretching and gives a feeling of freedom. It is excellent for self-centring while opening to the world.

difficulty **4/5**

● ● ● ● ○

*Kid's ipe*



**Boat**

The boat pose requires to keep a good balance. It makes the abdomen muscles work and it strengthens the back and legs musculatures.

difficulty **4/5**

● ● ● ● ○