


Yoga for children

Printables

Kid's life

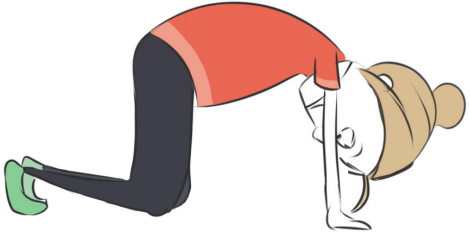


Cow

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

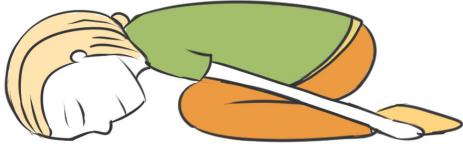
The mountain pose is the basic pose of yoga. It teaches how to align the shoulders, the hips and the feet in order to be rooted to the ground and it strengthens the lower body.

difficulty **1/5**

Yoga for children

Printables

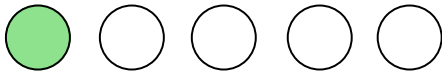
Kidswipe



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

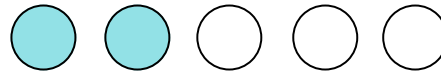
Kidswipe



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

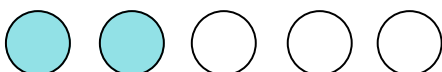
Kidswipe



Dog

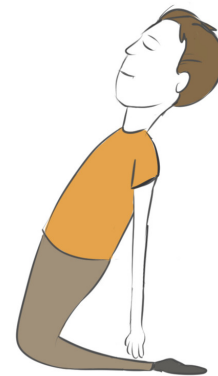
The downward-facing dog pose helps promoting the blood flow through the brain. It is perfect for inner calm. It also allows to enhance the arms' musculature and to stretch the calves.

difficulty



2/5

Kidswipe



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

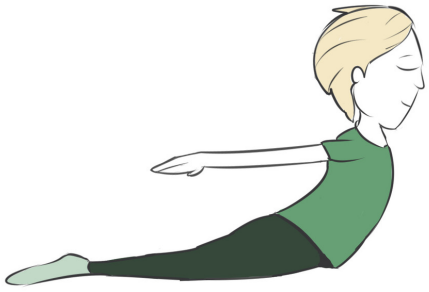


2/5

Yoga for children

Printables

Kids' tips

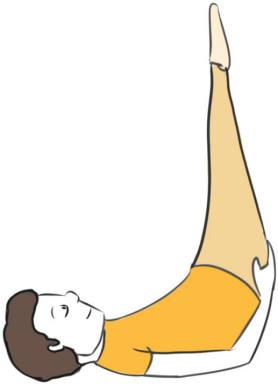


Cobra

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

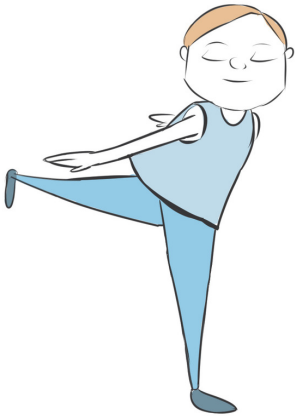
The tree pose is excellent for balance. It allows the development of focus, listening and patience. It is important not to forget to make both sides work.

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**

● ● ● ● ○