

Child's Pose

Just as its name implies, this is the perfect pose for even the littlest yogis. This pose has the benefit of relaxing and stretching your back muscles and even potentially relieves constipation!

1. Kneel and then sit on your knees with your bottom on your heels.
2. Rest your forehead on your mat and move your arms so they are beside your legs with your palms facing upward.
3. Finally, take several slow, deep breaths.



Horse Stance

This stance will increase both strength and stability while also improving flexibility.

1. To begin, stand with your legs apart, farther apart than your shoulders, with your feet facing outward.
2. Then, bend your knees and stand firm.
3. You can clasp your hands together as though praying.



Eagle Pose

This pose is a bit more complicated than some others and includes other yoga poses as well.

Begin in mountain pose (Tadasana), standing upright with your big toes touching while your heels are slightly apart. With arms at your sides, spread your fingers apart with palms facing outward.

1. Next, sit back into chair pose (Utkatasana) by bending your knees while keeping your thighs and knees parallel. You will also want to lean your torso forward to line up with the tops of your thighs.
2. Once you've gotten yourself into chair pose, you'll want to lift your right leg over your left leg, then wrap your right foot behind your left calf.
3. Finally, bring your right arm under your left and breathe.
4. Once you've mastered the pose, switch sides.



Butterfly Pose

We are all guilty of poor posture, but kids might be some of the biggest offenders. Regular practice of butterfly pose can help relieve shoulder tension while improving posture.

1. Start in a seated position.
2. Bend your knees while pressing the soles of your feet together.
3. Wrap your fingers around your feet. Or you can also put your hands on your ankles or shins.
4. Lengthen your spine while drawing your shoulders down and back.
5. You can flap your legs slowly up and down like the wings of a butterfly while gently breathing in and out.
6. To exit the position, you can extend your legs while leaning back on your hands.



Tree Pose



This pose, also known as Vrksasana, strengthens the legs and core while also improving balance.

1. Start standing in mountain pose, with both feet flat on the floor and your hands by your side with palms facing upward.
2. Shift your weight onto your right foot while lifting your left foot off the ground.
3. Bend your left knee and place the sole of your left foot onto your inner right thigh. Try to keep the pressure coming from your foot and your thigh equal.
4. Find something stationary to focus on in the distance so you can better keep your balance.
5. Finally, take several deep breaths, then switch sides.

Cat Pose

If your students are more fans of big cats, you could also call this one tiger, lion, jaguar, leopard, or cougar pose.

1. To begin, get on all fours while keeping your hands shoulder-width apart and your knees directly beneath your hips.
2. Then, inhale deeply while tilting your pelvis up and raising your head.
3. Finally, exhale deeply while rounding your back and tucking your chin into your chest.
4. Repeat these steps as many times as needed.



Cobra Pose



As far as yoga poses for kids go, we think ones that let your little yogis act like their favorite scary animal are among the best. The best part for the kids will undoubtedly be hissing like a real-life cobra!

1. To begin, lie on your stomach with your palms flat on the ground next to your shoulders.
2. Then, push into your hands while lifting your head and shoulders off the ground.

Mountain Stance

This is a good pose to learn since it can be used as a starting point for many other yoga poses for kids including many on this list.

1. Stand tall with your feet slightly apart.
2. Slowly sway back and forth and then gently come back to a standstill with your weight evenly distributed on your two feet.
3. Push your shoulders back while placing your arms at your sides with palms facing outward.
4. Take several deep breaths while holding this pose for as long as feels comfortable.



Flower Pose



Flower pose improves core strength while also working on balance. If you want to make this pose really come alive for the little yogis in your life, place flowers on their head while they practice it!

1. Begin by sitting on your bottom and bending your knees.
2. Press the soles of your feet together while lengthening your spine.
3. While inhaling, make your belly firm and lift your legs.
4. Place your arms under your legs with your palms facing upward.
5. While taking a few deep breaths, open up as if you are a blossoming flower.

Downward Pose

1. Begin in a standing position, then bend down and place your palms on the ground about shoulder-width apart with fingers spread apart.
2. Step back with your legs to create an upside-down V shape.
3. Finally, straighten (or keep a slight bend if necessary) and relax your head and neck.

