



## **Children's Yoga Flow:**



### **Let's Have Some Fun!**

This can be used for children's yoga flows or in the driveway, using chalk to make the grid as shown with the names of the poses and playing "musical yoga," which is similar to "musical chairs" except, when the music stops, the child not in the square containing the name of the pose just called or in the wrong square is "out."

Another game is a youth empowerment game where parents are asked to cut out each pose from the grid and children create their own yoga flows by either "picking from a hat," "scrambling" the cut-outs, or inventing their own moves and poses, which can be incredibly empowering.



**Cues:**

1. Thunderbolt Pose (Vajrasana)

Our first pose will be an easy seated position where I will explain the significance of breath and posture in yoga.

2. Sphinx Pose

I will then invite the kids to walk their arms forward and extend their legs as we move into this position.

3. Forearm Plank

We will then lift our hips and come up on our toes in a plank position. I will instruct them to focus on keeping a straight and level back so we don't risk injury.

4. Locust Pose (Salabhasana)

I will then invite the children to come back onto the floor reaching their arms and hands behind them while curling their shoulders upward and stretching their back.

5. Warrior I (Virabhadrasana I)

We will then transition into a standing position and go into warrior I.

6. Extended Hand to Foot Pose (Utthita Hasta Padangustasana)

I will then invite the children to rotate their hips back to centered and lift one leg to enter this position. This is one of the most difficult in this sequence so I will suggest modifications.

7. Dancer pose (Natarajasana)

This is another difficult pose that focuses on balance and core strength so several modifications will be offered such as, placing a hand on the floor or just extending the leg backward.

8. Happy Baby Pose (Ananda Balasana)

I will then invite the children to come to the floor and focus on stretching their hamstrings and slowing our breath.

9. Final Relaxation (Savasana)

I will then instruct them to slowly bring their legs straight down as we rest and control our breathing in our final pose.

Thunderbolt Pose (Vajrasana)	Sphinx Pose	Forearm Plank
Locust Pose (Salabhasana)	Warrior I (Virabhadrasana I)	Extended Hand to Foot Pose (Utthita Hasta Padangustasana)
Dancer pose (Natarajasana)	Happy Baby Pose (Ananda Balasana)	Final Relaxation (Savasana)