

we YOGA

Yoga uses breathing techniques, exercises and meditation.

It is scientifically proven to improve your general health and mental state of well-being (makes you feel happier).

Please try these activities with your children:

Dancer

Stand tall with your feet together. Bend your right leg behind you and hold onto your right ankle. Lift your left arm into the air. Bend forward, pointing your left arm out in front of you. Push your leg upwards and outwards arching your back slightly and hold for a few seconds. Repeat with opposite arm and leg. Challenge: Can you extend the time that you are able to hold this posture?



Dolphin

Start on your knees with your forearms flat on the ground and the palms of your hands down. Curl your toes underneath. Clasp your hands together. Push up onto your toes and press your legs straight. Walk your feet forward towards your elbows, careful not to go too far—just as far as comfortable. Hold the posture for a few seconds and release. Challenge: Can you hold one of your legs out straight in this posture? This posture will stretch your back and develop your core strength.



Shark

Lie flat on your stomach with your feet together and your arms by your side. Join your hands together behind your back then slowly roll your shoulders back, lifting your feet and chest from the ground. Keep your toes pointed. Breathe in and out slowly, arching your back, lifting your arms and lengthening your whole body.. Challenge: Can you lift your feet off the ground too? This posture will stretch your back and develop your core strength.



Partner Work

Why not try the boat pose with a family member?

Roof Tops

Stand up tall facing your partner at arms length apart. Press each others palms together with your hands facing away from you and hold still. Take one step further away from each other. Lean forward, bending your back slightly and start to push your hands up together in the air as high as you can. Breathe steady and hold for a few seconds. Release and try again.



BREATHING AND RELAXATION ACTIVITIES

Snake Breath:

Feel relaxed and calm with this breath. Sit up tall in a comfortable seated position. Take a deep breath in, filling up your whole body. Pause for a couple of seconds and then breathe out slowly and smoothly, making a hissing sound for as long as you can. Repeat this for three to five rounds, feeling yourself slow down and become calmer each time.



If you enjoyed these, why not try visiting: [Cosmic Kids Yoga](#) on You Tube (*app also available*).