



LIFORME
Yoga for Kids

Namaste, let's play!

Does someone you know do yoga?
Have you ever wanted to join in?



Now that you have your very own
yoga mat, you're ready to go!





When you do yoga, you can be a dog, a tree, or a boat. You can lie on your belly, stand on one leg, or just take some deep breaths.

The next time you feel bored or stressed, do your favourite poses. After you move your body, you always feel better.



ANIMALS





Dog Pose

Have you ever seen a dog do a big stretch? You can try it too!

- 01** Come to your hands and knees.
- 02** Tuck your toes under.
- 03** Straighten your legs and take your bum up toward the sky.
- 04** Let your head hang loose.





Scaredy Cat Pose

When cats are scared, their backs round upward. Do your best scaredy cat.

- 01 Come to your hands and knees.
- 02 Push the middle of your spine up toward the sky.





Snake Pose

Snakes slither softly. Ssss.

- 01** Lie down on your belly.
- 02** Bend your elbows and bring your hands flat on either side of your shoulders.
- 03** Press into your hands to straighten your arms a little or a lot.





Butterfly

Your legs make the butterfly's wings. You can flap them if you want!

- 01** Sit down on your mat with your knees tucked up to your chest.
- 02** Open your knees to either side.
- 03** Bring the soles of your feet to touch each other.





Frog

Fold your legs up like a sitting frog.

- 01** Stand at the front of your mat with your feet on the wiggly lines.
- 02** Bend your knees and sit almost all the way down.
- 03** Keep your bum off the floor if you can.





Lizard

When a lizard walks, it can bring its back foot up to its front arm. Now it's your turn.

- 01 Come to your hands and knees.
- 02 Step your right foot to the outside of your right hand.
- 03 If you feel strong, tuck your left toes under and straighten your left leg.
- 04 Come down and try the other side.





Puppy

A puppy is a baby dog. A Puppy stretch is a baby Dog stretch.

- 01 Come to your hands and knees.
- 02 Keep your bum high while you slide your hands forward until your forehead comes to your mat.



NATURE





Crescent Moon

Curve your body like a crescent moon to stretch your sides.

- 01 Stand at the front of your mat with your arms overhead.
- 02 Press your palms together.
- 03 Take both hands to the right while your hips go left.
- 04 Come back to the centre and do the other side.





Star

Shine bright in every direction.

- 01 Stand facing the side of your mat with your legs wide apart.
- 02 Take your arms up to make an X shape.
- 03 Separate your fingers and make your hands bright.





Tree

Standing on one leg helps you practice balancing. You can sway in the breeze if you like.

- 01** Stand at the front of your mat with your feet together.
- 02** Lift one foot off the floor and place the sole of that foot on the inside of your other leg.
- 03** You can use your hands to help place your foot above your knee if you want.
- 04** It's ok if you fall. Trees fall all the time.
- 05** Put your foot down and try the other side.





Thunderbolt

Your legs make a little zig-zag shape in this position.

- 01** Kneel with the tops of your feet and shins flat on your mat and your bum sitting on your heels.
- 02** Shift your bum to one side so it sits flat on your mat.
- 03** Slide the sole of your foot to the inside of your opposite leg.
- 04** After a few breaths, switch sides.



SHAPES & THINGS





Table

A table with straight legs doesn't wobble.

- 01** Come to a hands and knees position.
- 02** Make sure your wrists are lined up under your shoulders and your knees are under your hips. That makes the table legs straight.





Bridge

Picture a bridge with a nice arch across a stream. Got it? Now you're ready!

- 01** Lie down on your back with your knees bent and pointing up to the ceiling.
- 02** Bring your arms alongside your body.
- 03** Press into your feet to lift your bum off the floor, making an arched shape with your back.





Wide Angle

Stretching your legs and feet feels nice.

- 01 Sit down facing the side of your mat.
- 02 Take your legs wide apart but keep them straight.
- 03 Don't have floppy feet! Spread your toes instead.
- 04 You can put a pillow under your bum to help you sit up straight.





Plank

Make a diagonal line with your body, like the slide at the playground.

- 01** Come onto your hands and knees with your toes tucked under.
- 02** Stretch one leg straight behind you, so that foot is at the back end of your mat with your toes still tucked under.
- 03** Do the same thing with your other leg.
- 04** Don't let your bum stick up or drop down.





Pyramid

A pyramid has one high point. Here, it's your bum!

- 01 Stand right in the centre of your mat.
- 02 Take one foot back and turn it to line up with the diagonal line (45-Degree Line) on your mat.
- 03 Take the other foot forward.
- 04 Forward bend over your front leg.
- 05 After a few breaths, switch sides.





Triangle

What's your favourite shape? Your legs make a triangle here.

- 01 Stand in the centre of your mat.
- 02 Take one foot back and turn it to line up with one of the End to End Lines on your mat.
- 03 Take your other foot forward, keeping it on the Central Line.
- 04 Tilt your upper body sideways over your front leg.
- 05 Take your front hand to your front leg for support.
- 06 Take your top arm up toward the sky.
- 07 After a few breaths, try your other side.





Boat

Time to set sail! Don't worry if your boat tips over.

- 01** Sit on your mat with your feet flat on the floor and your knees bent and pointing up to the sky.
- 02** Put your hands onto the mat on either side of your bum.
- 03** Lean your upper body back a little bit.
- 04** Lift your feet off the floor. Bring your shins in line with your knees if you can.
- 05** No floppy feet.
- 06** Ready for a challenge? What happens if you lift your hands off the floor?





Can Opener

You may have done this off a diving board. If you haven't, what are you waiting for?

- 01 Stand at the front of your mat.
- 02 Lift one foot off the floor and bend that knee into your chest.
- 03 Hug your knee toward your chest.
- 04 Try both sides.





Sphinx

Have you seen a sphinx? We could also call this Reading a Book on the Floor Position.

- 01 Lie on your belly with your elbows under your shoulders.
- 02 That's it!



CALMING





Hang Loose

- 01** Stand at the front of your mat with your feet separated a little.
- 02** Forward bend like you're going to touch your toes but you don't have to touch them.
- 03** Let your arms and head hang loose.
- 04** Wiggle them around a bit if it feels good.





Belly Ache Pose

If you have a belly ache, it can help to get some air out.

- 01 Lie on your back.
- 02 Hug your knees tightly into your chest.
- 03 Rock a little from side to side if you like.
- 04 It's ok if a little fart comes out.





Happy Baby

Babies love this position. It does seem to make them happy!

- 01 Lie on your back.
- 02 Hug your knees into your chest.
- 03 Reach down with your hands and hold the outside or inside of each foot.
- 04 Lift your lower legs so that the soles of your feet face the sky.





Thread the Needle

Think of the space under your body as the eye of the needle and your arm as the thread.

- 01** Come to your hands and knees.
- 02** Lift one hand and begin to slide it along the floor behind your opposite wrist.
- 03** Keep going until the shoulder attached to the sliding hand touches the floor.
- 04** Let your opposite arm bend and your head come to the floor with your face turned toward your extended hand.
- 05** After a few breaths, try the other side.





Legs Up the Wall

Do you have clean feet? Then you're ready for this pose!

- 01** Bring your mat over to a blank space on your wall.
- 02** Lie down on your back with your bum close to the wall.
- 03** Take your legs straight up the wall with the soles of your feet facing the sky.





Deep Rest

After all these poses, it feels good to lie still for a little while.

- 01 Come to lie on your back with your hands by your sides.
- 02 Turn your palms to face the sky.
- 03 Let your feet open out to either side.
- 04 Close your eyes.
- 05 Relax your body by taking at least 10 deep breaths.



THE END

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