



EASY YOGA STRETCHES FOR KIDS

GETTING STARTED

There are many different yoga videos and instructions for beginners to try online. My son was interested in learning some yoga stretches as a different way to relax and balance his wellbeing, but also to improve the strength in his muscles. So we started researching and learning about Yoga.

After lots of watching different videos and trying out various poses, my son settled for a short 10 minute workout that focuses on basic yoga poses.

This 10 minute Yoga Workout has been based on an article written by Katy Bryan-Beachler

<http://wifewine.com/10-minute-yoga-routine-for-kids/2/>

WHAT DID WE LEARN ABOUT YOGA



“Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing”. <https://www.nhs.uk/live-well/exercise/guide-to-yoga/>



Almost anyone can do it regardless of age and fitness level



Yoga is great for children as it builds their flexibility, coordination and body awareness

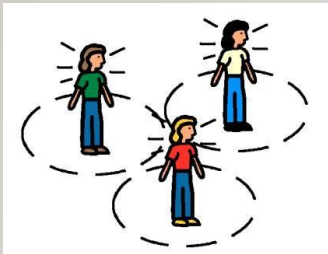


It improves your balance, strength, posture and wellbeing



You can learn at home as a beginner (although classes are recommended as you progress)

SAFETY AND COMFORT



Space

You need space. Make sure you work in a big enough space; you should be able to outstretch your arms.

Wear

Wear sensible non-restrictive clothing

Don't

Don't over stretch. Don't do anything that hurts or is very uncomfortable

Hold

Only hold a stretch/pose for as long as comfortable

Remember

REMEMBER: A new skill will take time to learn and you won't get it right first time. Take it slow, do what feels right for you.

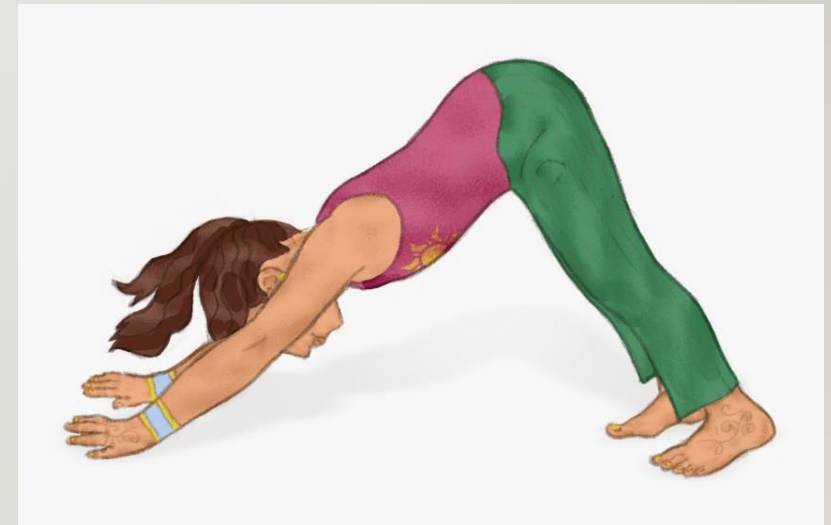


LET'S BEGIN

- Each pose should be held for 30 seconds or for as long as comfortable
- Leave an equal break between each stretch/pose
- Routine should be approx. 10 mins long, unless you decide to hold your stretches/poses for longer
- Breathe in deeply as you take up a stretch/pose and fully breathe out as you hold each stretch/pose

STEP I: DOWNWARD FACING DOG

- Place your hands and feet shoulder width apart. Make a triangle shape with your body.
- This will stretch the back of your legs, and strengthen shoulders, arms and wrists.



STEP 2: CAT AND COW



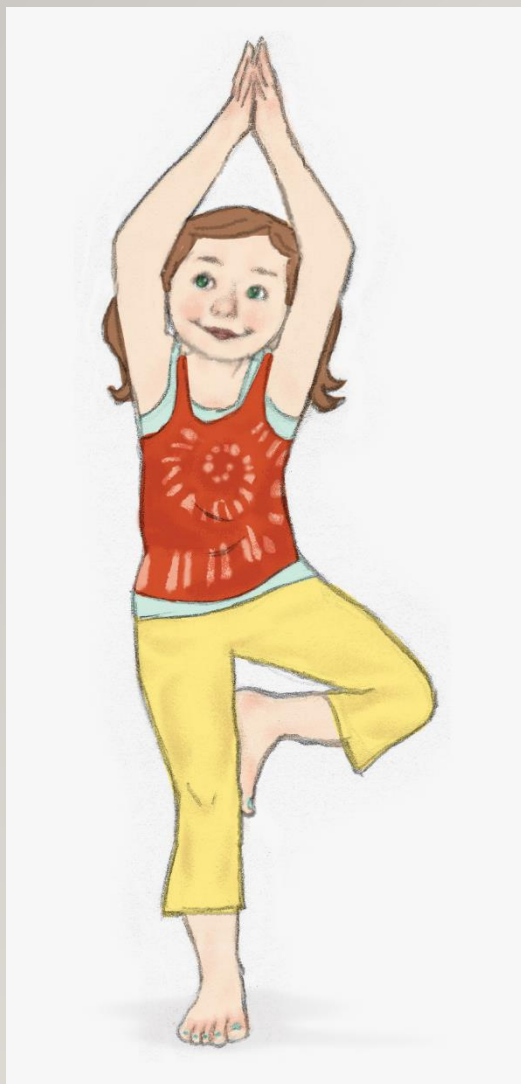
- Start out on your hands and knees, then breathe out, arch your back up like a cat, and hold for 30 seconds.
- Then reverse, breathe in lift your head up and stick your tummy out towards the floor.
- This stretch/pose is great for stretching the back

A young boy in a blue and white striped long-sleeved shirt and grey shorts is performing a crescent lunge in a living room. He is on a patterned rug, with a wooden cabinet and a mirror in the background. His arms are raised straight up, and his front leg is bent at the knee.

STEP 3: CRESCENT LUNGE

- Point your feet forward and bend front leg. Straighten your back leg as far as possible and go up on your toes.
- Raise your arms and hands to the ceiling.
- Hold and then switch legs and do it again
- Stretches entire front part of the body and strengthens legs and improved balance.





STEP 4: TREE POSE

- Standing on one leg, bend your other leg and place your foot against the inside of your thigh. Put hands together and raise your arms. Then switch legs and repeat.
- You will learn how to be calm, patient and balance.



STEP 5: CHILD POSE

- Sit on your knees with your feet pointed. Lean over and rest your forehead on the ground, leaving your arms resting relaxed beside you
- This is a simply relaxing and calming position

STEP 6: EASY POSE

- Sit cross legged with a straight back.
- Hands relaxed on your knees
- Several deep breaths in and out
- Perfect end to the routine, take time with this pose to feel grounded and peaceful. Will also stretch ankles and hips.

