

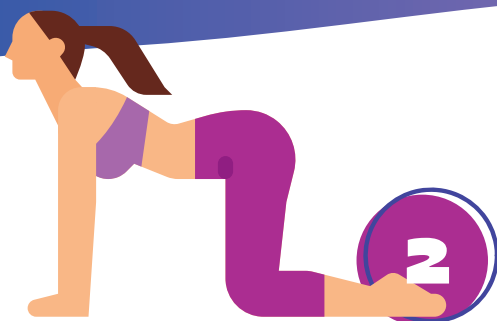
HERE ARE SOME SIMPLE AND FUN YOGA POSES THAT ARE PERFECT FOR CHILDREN. THESE POSES ARE EASY TO DO AND HELP WITH FLEXIBILITY, BALANCE, AND FOCUS:



1

MOUNTAIN POSE (TADASANA)

- Stand tall with feet together.
- Arms at the sides or raised overhead.
- Encourage deep breathing and good posture.



2

CAT-COW POSE (MARJARYASANA-BITILASANA)

- On hands and knees.
- Inhale and arch back (Cow), exhale and round back (Cat).
- Great for spine flexibility and awareness.

3

TREE POSE (VRKSASANA)

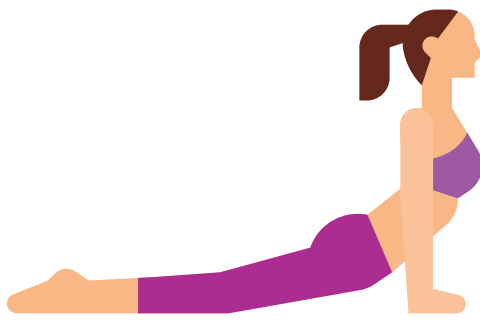
- On hands and knees.
- Inhale and arch back (Cow), exhale and round back (Cat).
- Great for spine flexibility and awareness.



4

FROG POSE

- Squat with feet flat and knees wide.
- Hands together at the chest or on the floor.
- Fun and good for hips and legs.



5

COBRA POSE (BHUJANGASANA)

- Lie on stomach, place hands under shoulders.
- Push up into a gentle backbend.
- Strengthens back and opens the chest.



6

DOWNWARD DOG (ADHO MUKHA SVANASANA)

- Hands and feet on the floor, hips raised.
- Forms an upside-down "V".
- Good full-body stretch and energizing.



7

CHILD'S POSE (BALASANA)

- Kneel and sit back on heels.
- Stretch arms forward and rest forehead on the mat.
- Calming and relaxing.



8

BUTTERFLY POSE

- Sit with feet together and knees out to the sides.
- Hold feet with hands and gently flap knees like butterfly wings.
- Opens hips and is fun for kids.

THESE POSES CAN BE TURNED INTO A SHORT ROUTINE OR PLAYFUL YOGA STORY. ADDING ANIMAL SOUNDS OR NAMES CAN MAKE IT MORE ENGAGING FOR CHILDREN.