



ENERGIZING Yoga Cards FOR KIDS

KidsYogaStories.com

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Welcome to the Energizing Yoga Cards for Kids

Rejuvenating Yoga Poses

These **ENERGIZING YOGA POSES** build heat in your body by activating your core, increasing your strength, and building your flexibility. These challenging postures will increase blood flow and awaken your mind and body. Energizing poses allow you to give yourself a boost in the morning or after you've been sitting for long periods of time. These yoga poses are listed in a specific sequence to create a safe kids yoga experience that encourages flow from one pose to the next.

Breath-Body-Mind Connection

Once you feel comfortable and confident in teaching these energizing yoga poses to children, begin to introduce breathing techniques, body

Welcome to the Energizing Yoga Cards for Kids

(continued)

sensations, and positive affirmations in a light-hearted way. Always remember to breathe.

Target Ages

You can adjust the number of yoga poses to practice depending on the time available and the ages, needs, and energy levels of the children. For example, you might practice two poses with toddlers, five poses with preschoolers, ten poses with primary-aged children, or all twenty-four poses with older children. The **ENERGIZING YOGA CARDS FOR KIDS** are designed to be a guide and can be adapted to suit your needs. Recommended for ages 4+.

Energizing Yoga Tips

The yoga poses in the index are sequenced specifically to invite flow from one pose to the next.

Repeat the poses on both sides before moving on the next pose.

Remember to take full, deep breaths in each pose.

Focus on having fun with movement, not on practicing perfectly aligned poses.

Engage the children.

Follow their passions and interests.

Create authentic, meaningful experiences.

Cater to their energy levels and different learning styles.

Energizing Yoga Tips

(continued)

Be creative and enjoy yourself—the kids will notice your enthusiasm.

Wear comfortable clothing and practice barefoot.

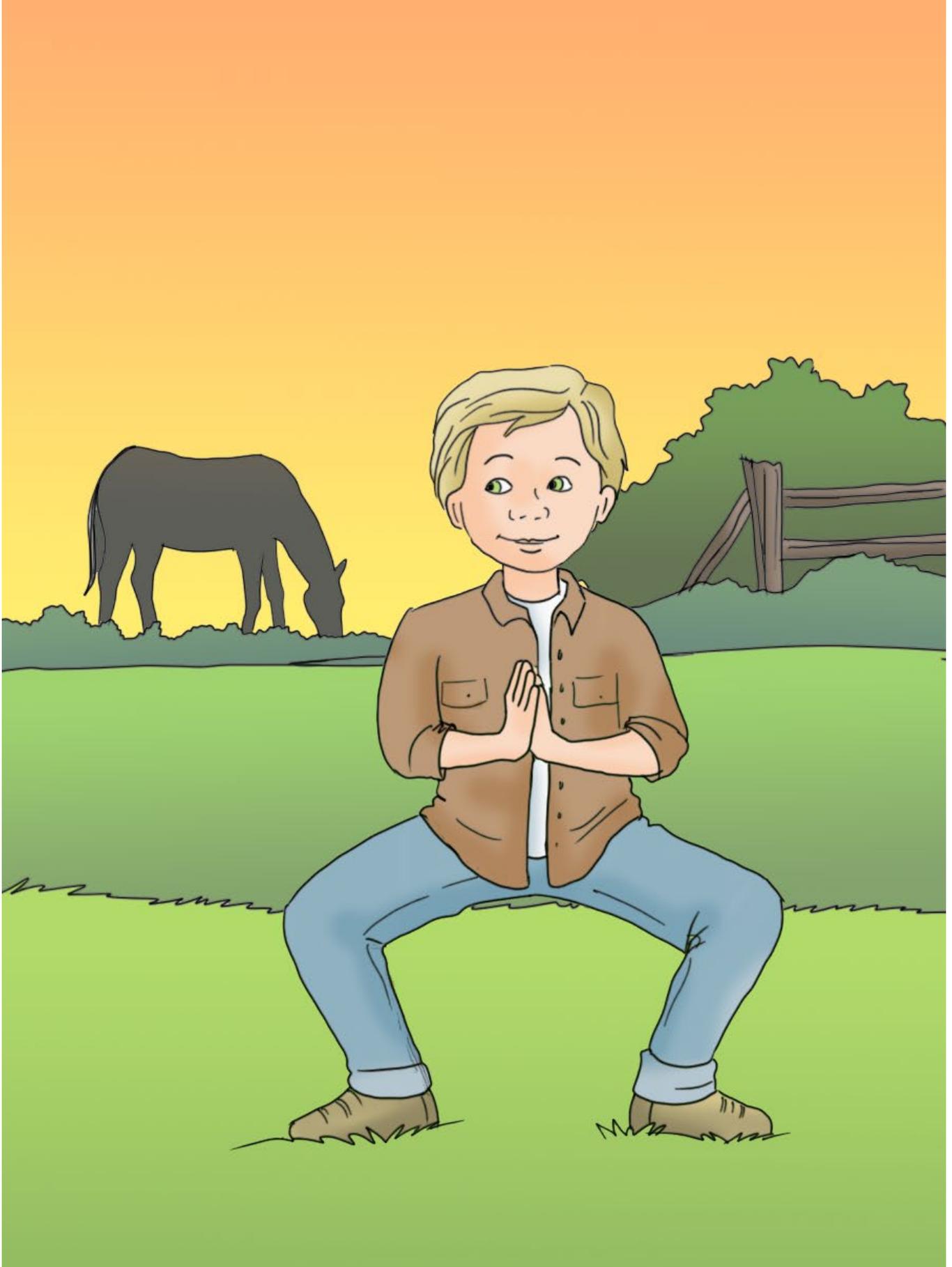
Make safety a top priority—clear the space of obstacles and be safe with your bodies.

Encourage the children to share their yoga experiences with their families and friends.

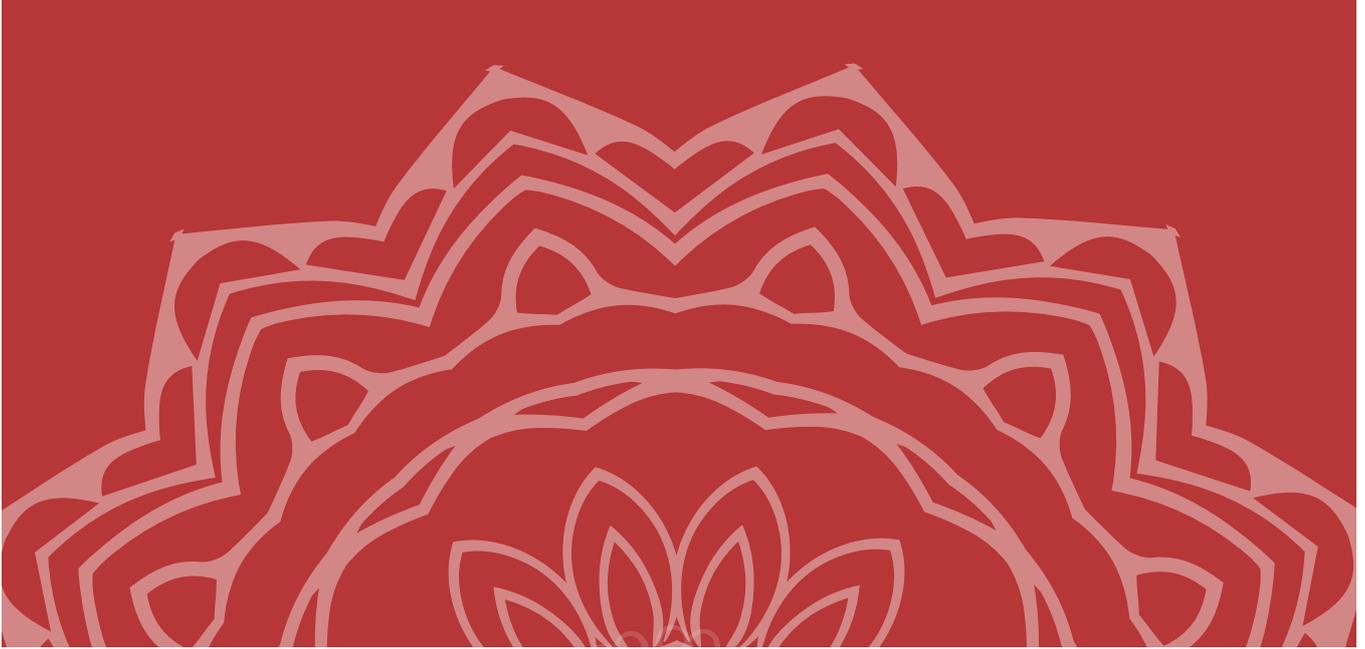
Feel free to add your own positive affirmations, music, relaxation stories, or aromatherapy.

Make this yoga experience your own.

These yoga cards are designed to be a guide and can be adapted to suit your needs.



Horse Stance

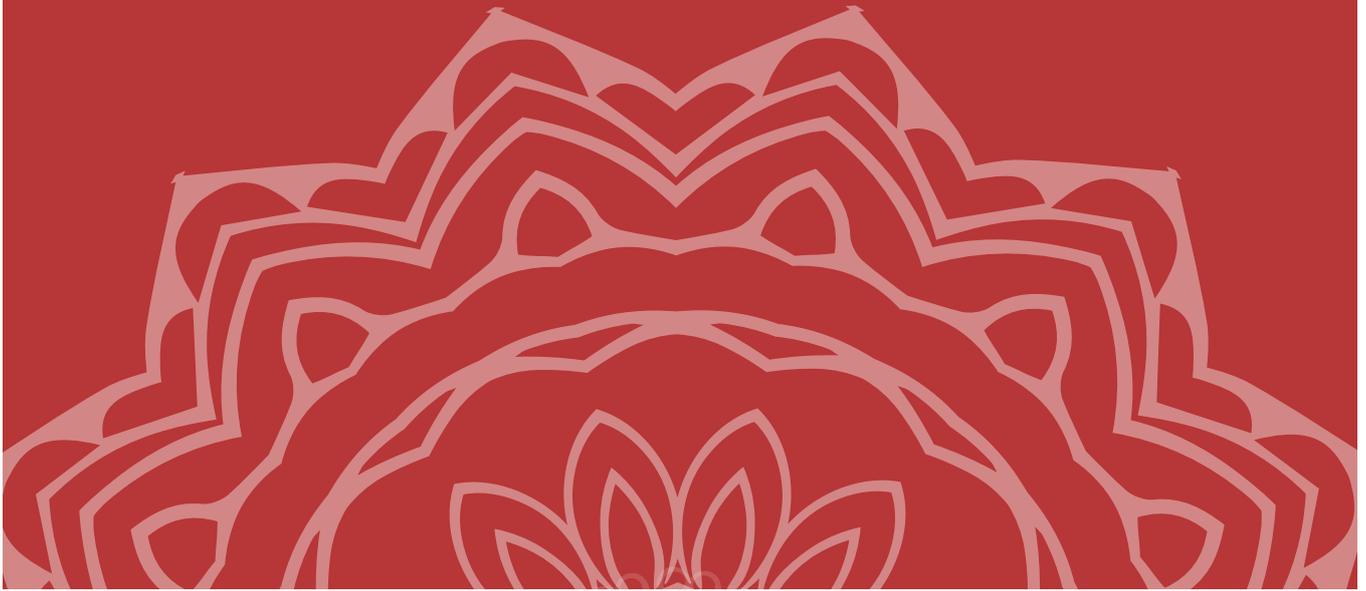


Horse Stance

Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm.



Extended Hand-to-Big Toe Pose



Extended Hand-to -Big Toe Pose

From a standing position, bend your right knee toward your chest. Grab your right big toe with your right hand and place your left hand on your left hip. Extend your right leg out to the side, straightening the leg as much as possible. Hold this pose for a few breaths then bring your leg down slowly. Switch sides and repeat the steps.



Warrior I Pose

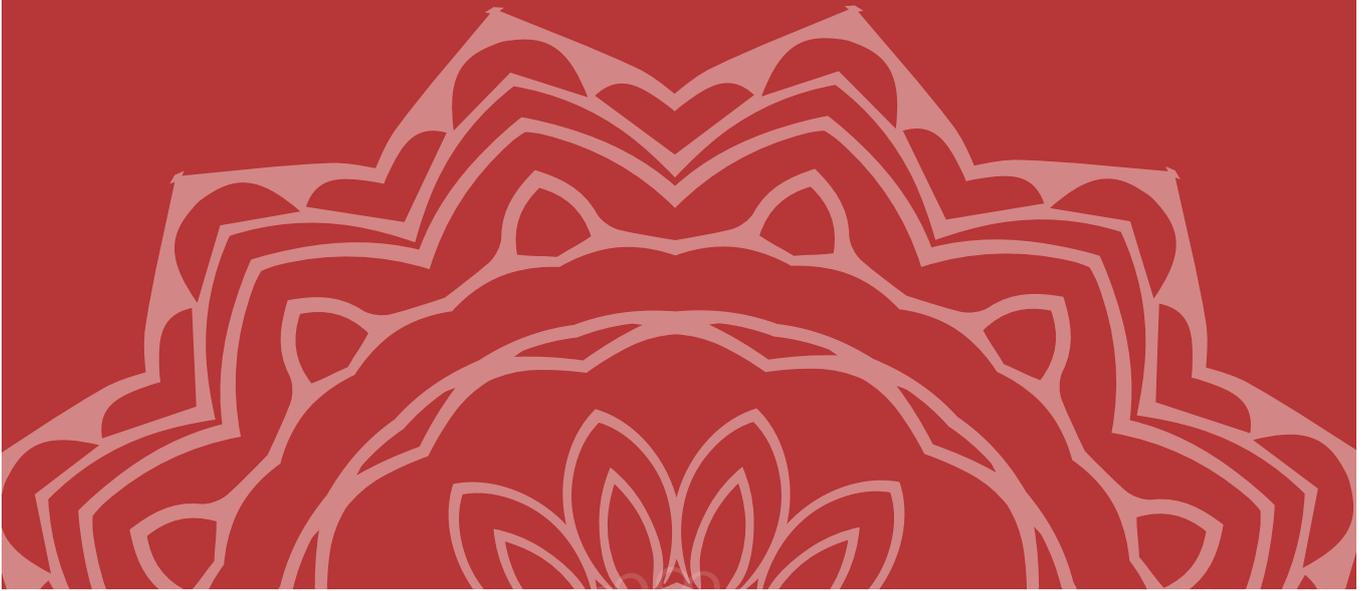


Warrior 1 Pose

Step one foot back and bend your front knee. Reach both arms up overhead. Switch sides and repeat the steps.

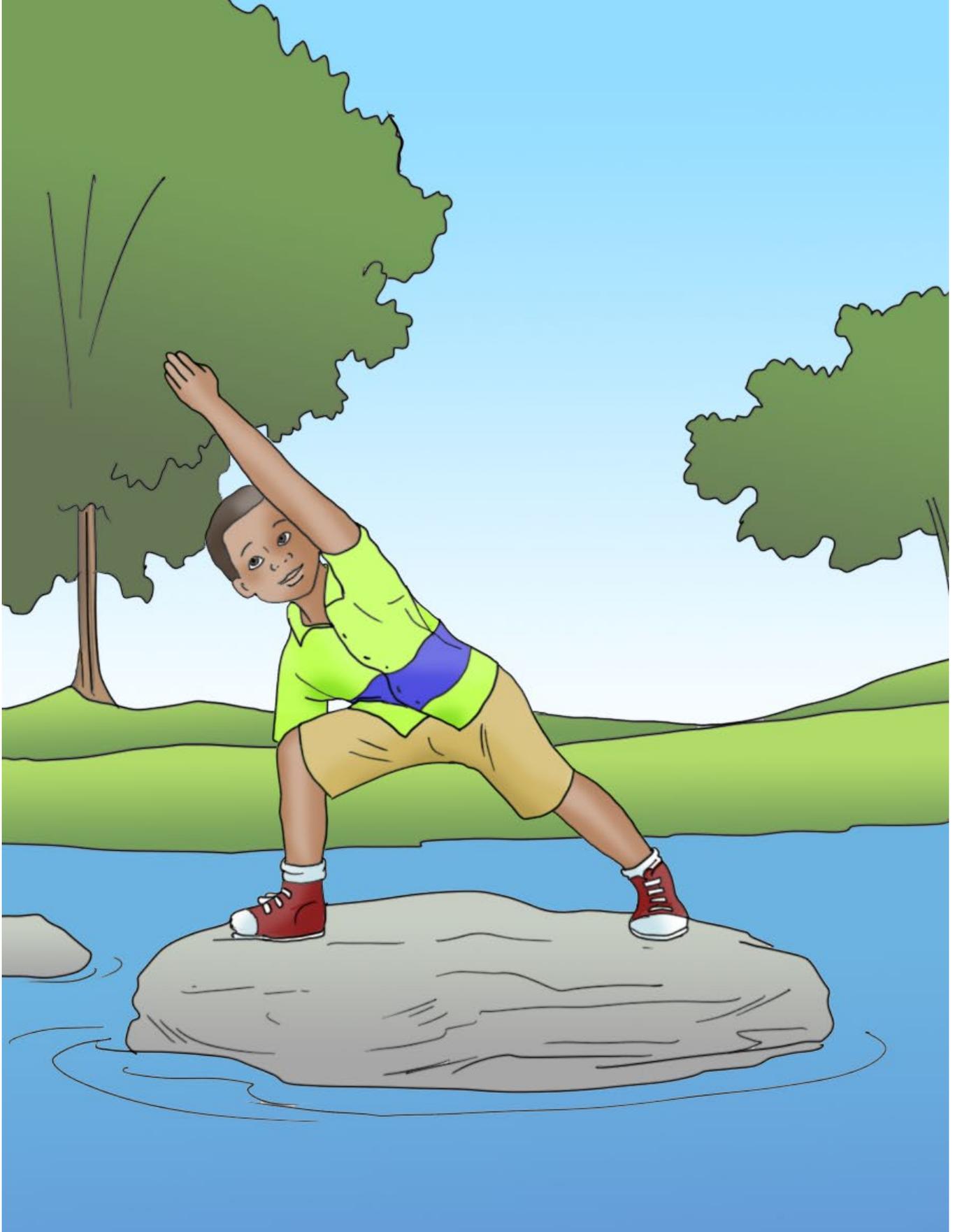


Warrior 2 Pose

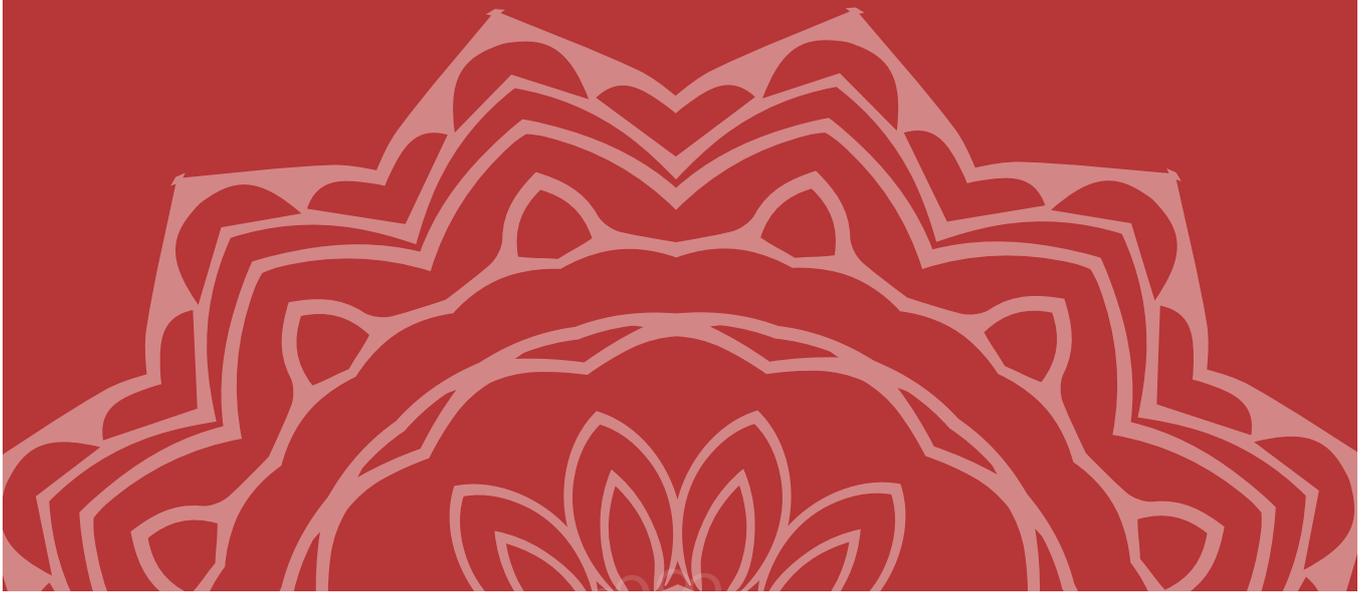


Warrior 2 Pose

From Warrior 1, reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Switch sides and repeat the steps.



Extended Side Angle Pose

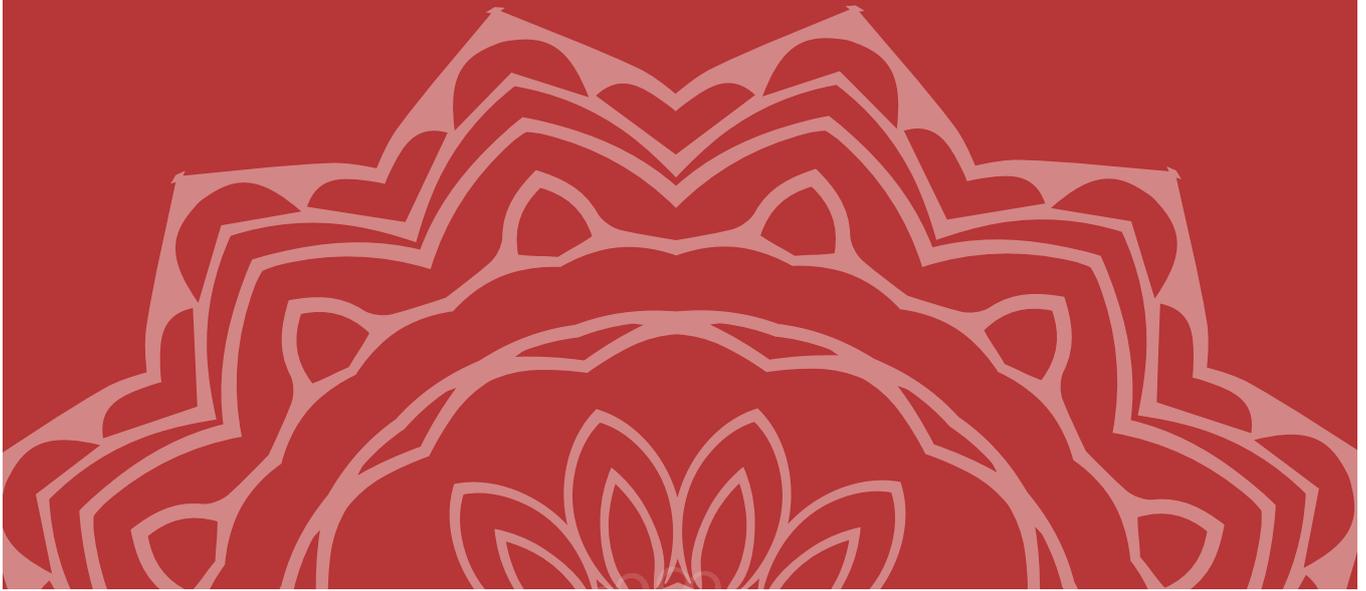


Extended Side Angle Pose

Stand tall in Mountain Pose. Step one foot back, slightly angling it outward. Keep your torso straight and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor). Reach your other arm straight up to the sky and look up toward your hand. Repeat on the other side.

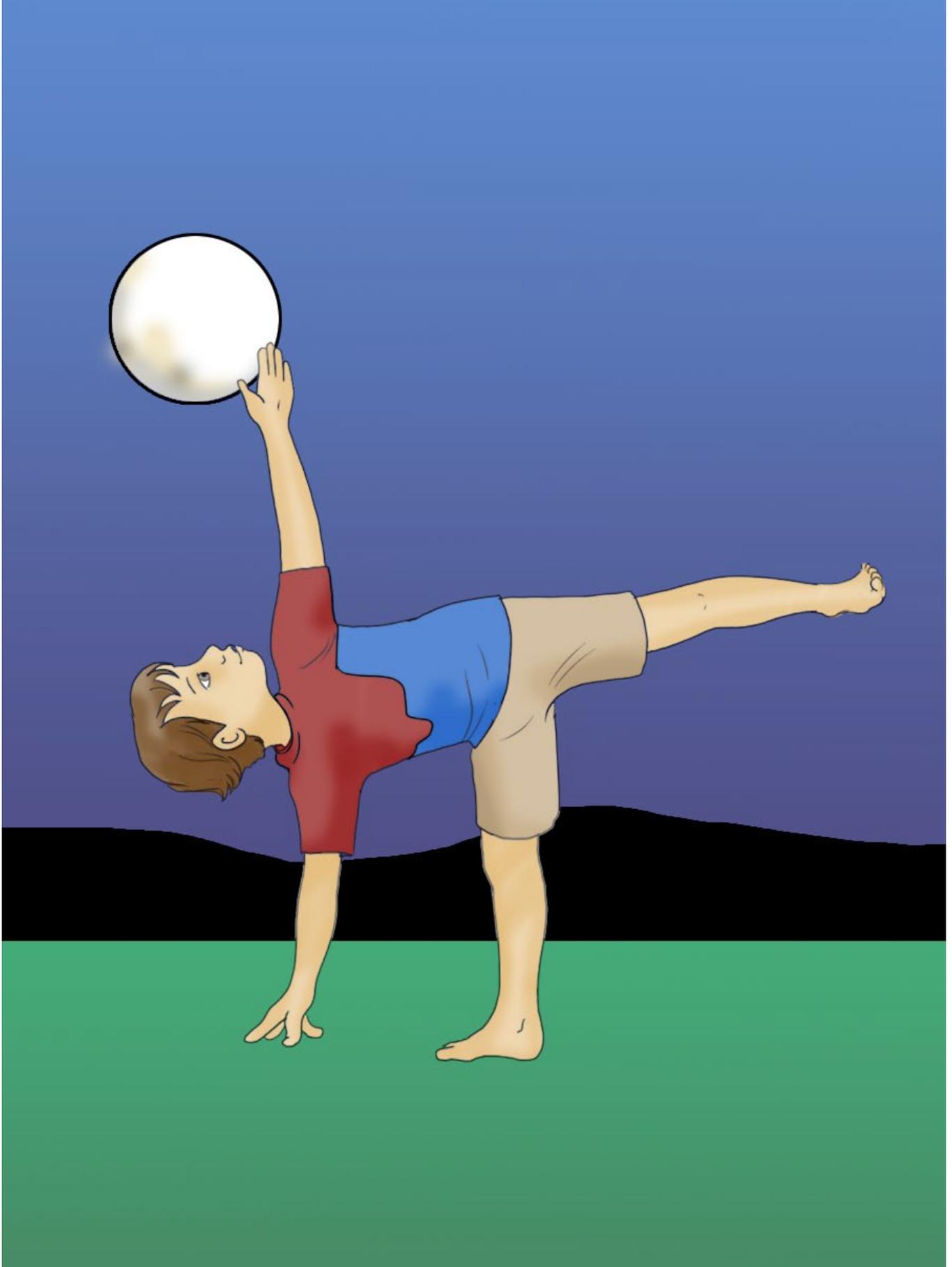


Reverse Triangle Pose

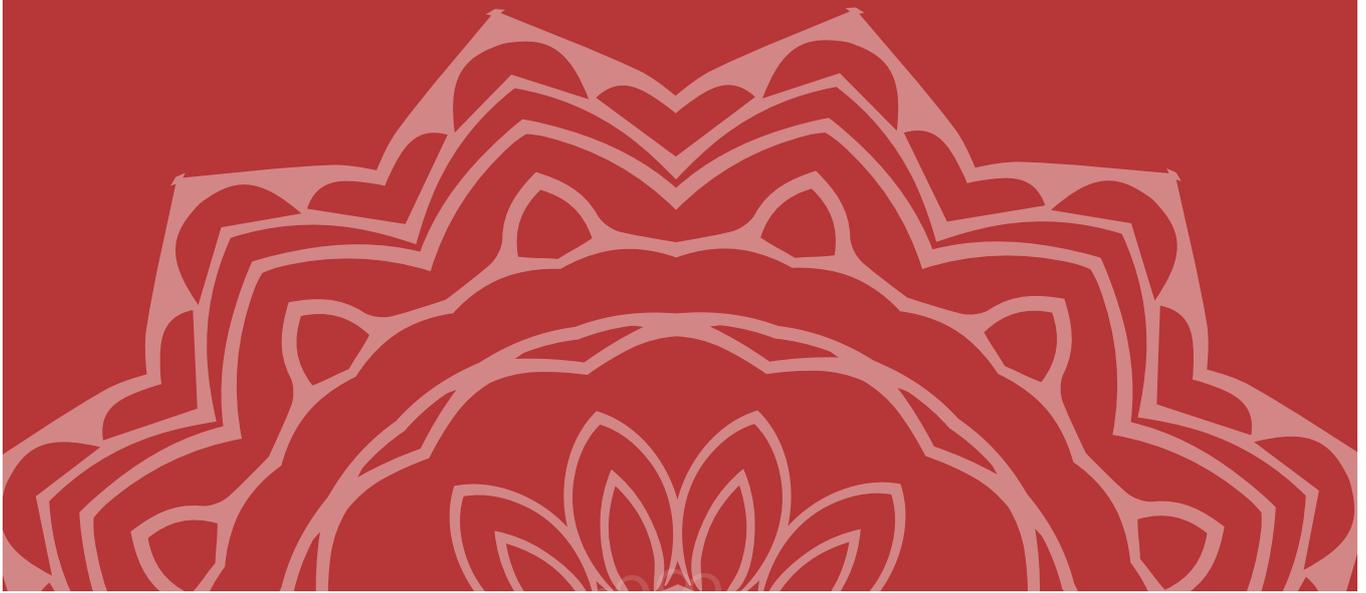


Reverse Triangle Pose

From standing position, step your left foot back, pointing your toes slightly outward. Raise your arms out to your sides, parallel to the ground. Bring your left arm forward and your right hand backward. Tilt your torso forward, reaching your left arm far forward. Drop your left hand to your calf or to the ground on the outside of your right foot. Open your chest and take your right hand up to the sky. Keep your hips straight and focus on twisting from your upper back. Switch sides and repeat the steps.



Half Moon Pose

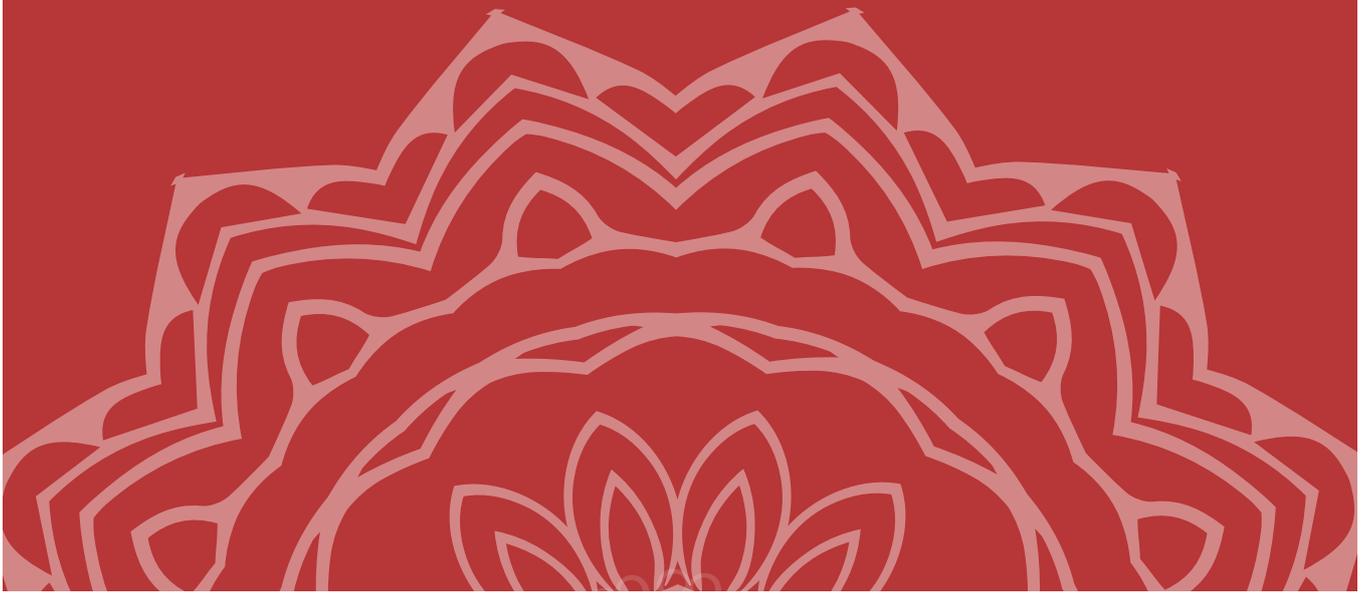


Half Moon Pose

From a standing position, step your left foot back while opening your hip out to the side. Tilt forward and place your right hand flat on the ground (or on a block) in front of your right foot while simultaneously lifting your left foot. Open your hips and extend your left arm up to the sky. Align your shoulders over each other and open your chest. If possible, try gazing out to the left. Switch sides and repeat the steps.



Standing Split

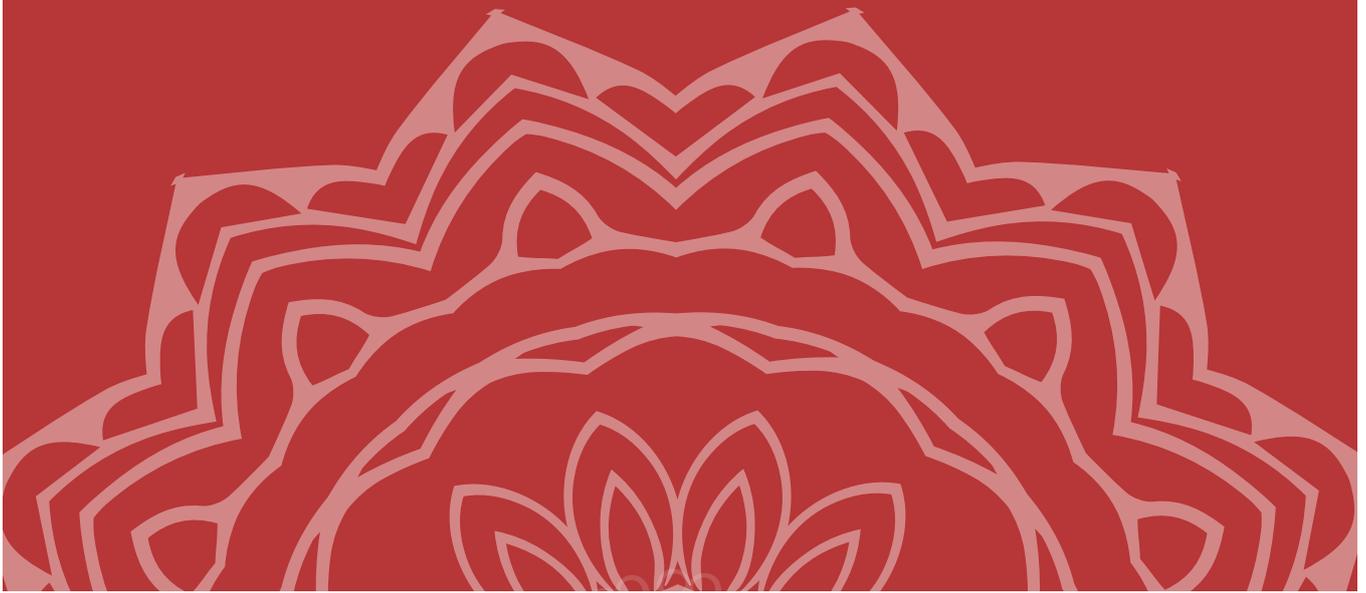


Standing Split

Stand tall then bend your upper body and place your fingers on the ground. Inhale and shift your weight to the right foot. Lift your left leg out behind you. Switch sides and repeat the steps.

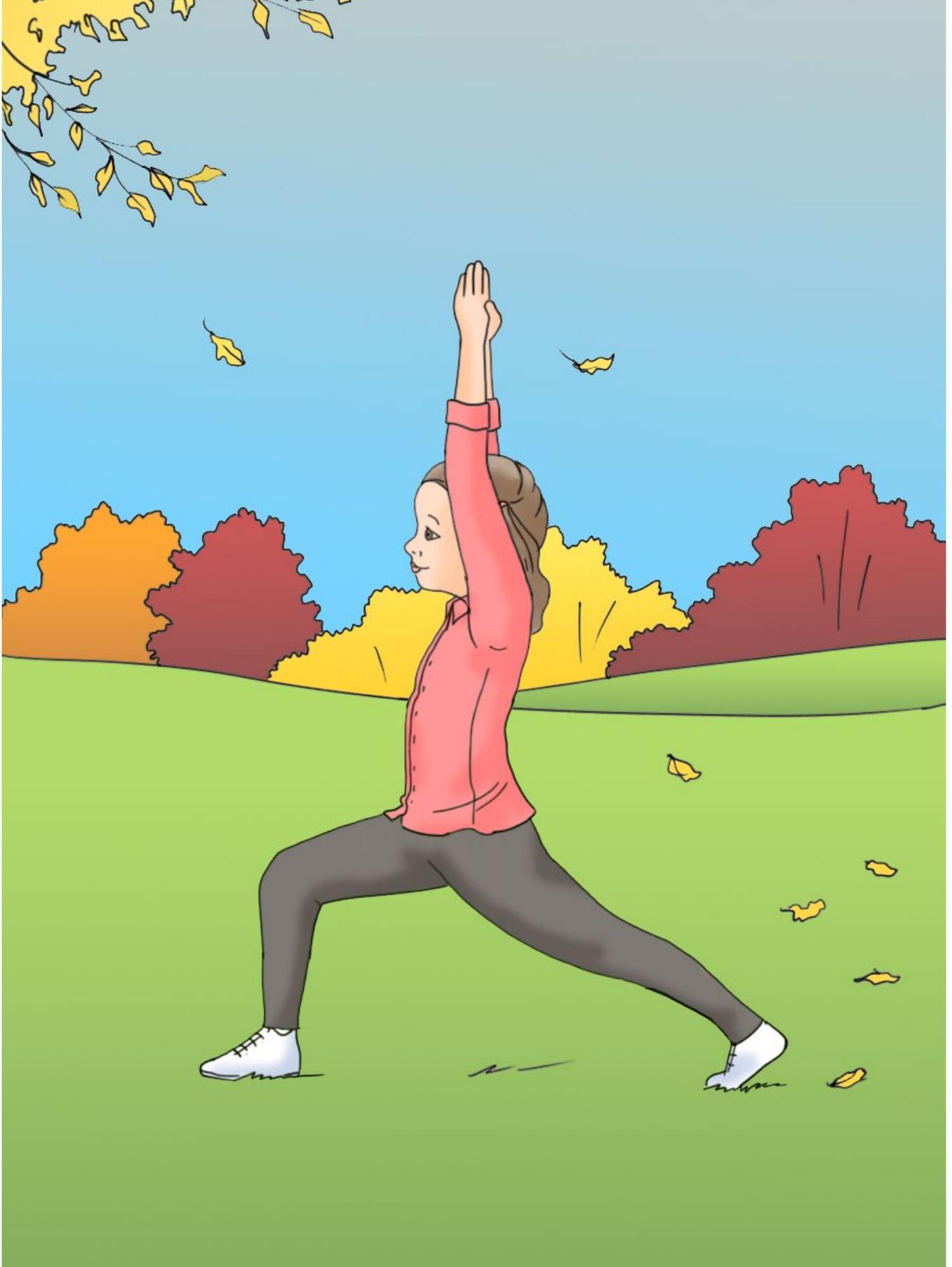


Chair Pose

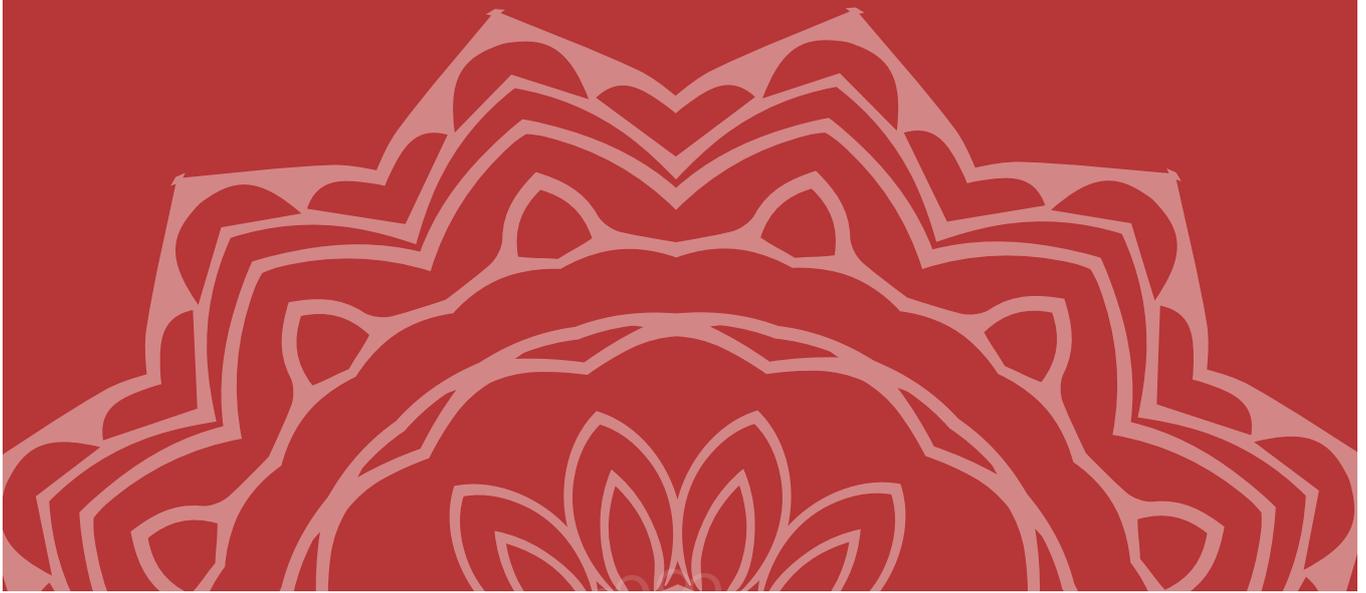


Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you.



Crescent Lunge

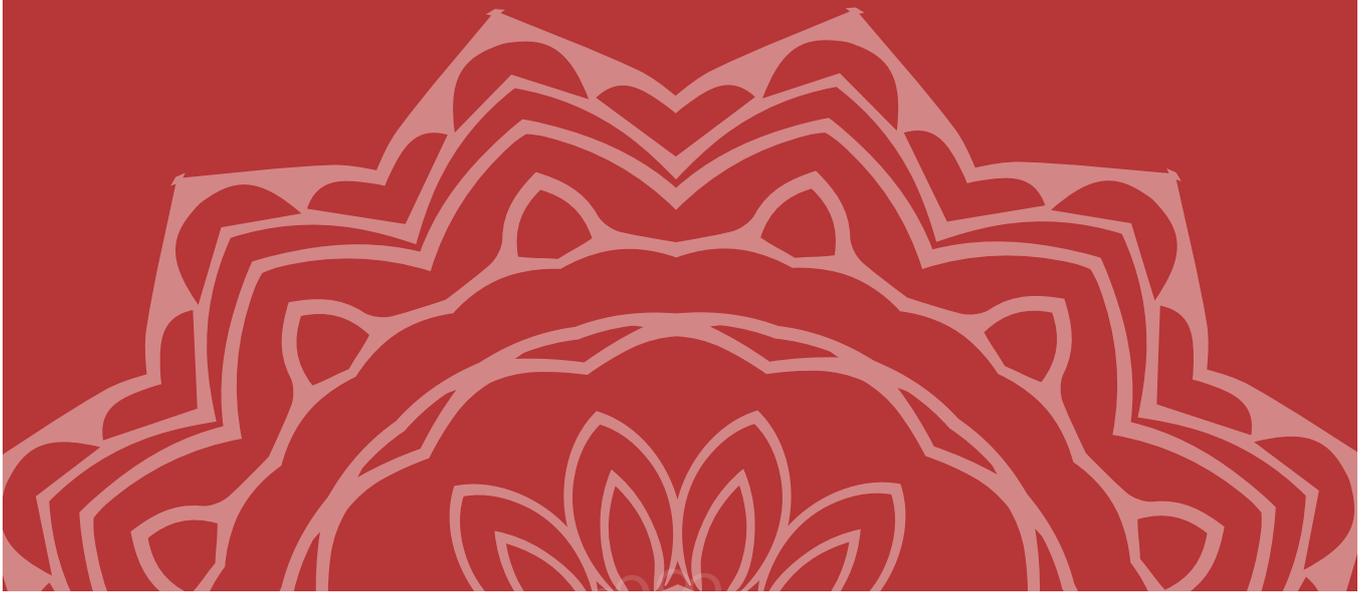


Crescent Lunge

From a standing position, step your right foot back into a lunge with your left foot directly over your left knee and a straight back leg. Inhale and take your parallel arms straight up overhead. Open your chest, look up, and take a few deep breaths. Switch sides and repeat the steps.



Revolved Side Angle Pose

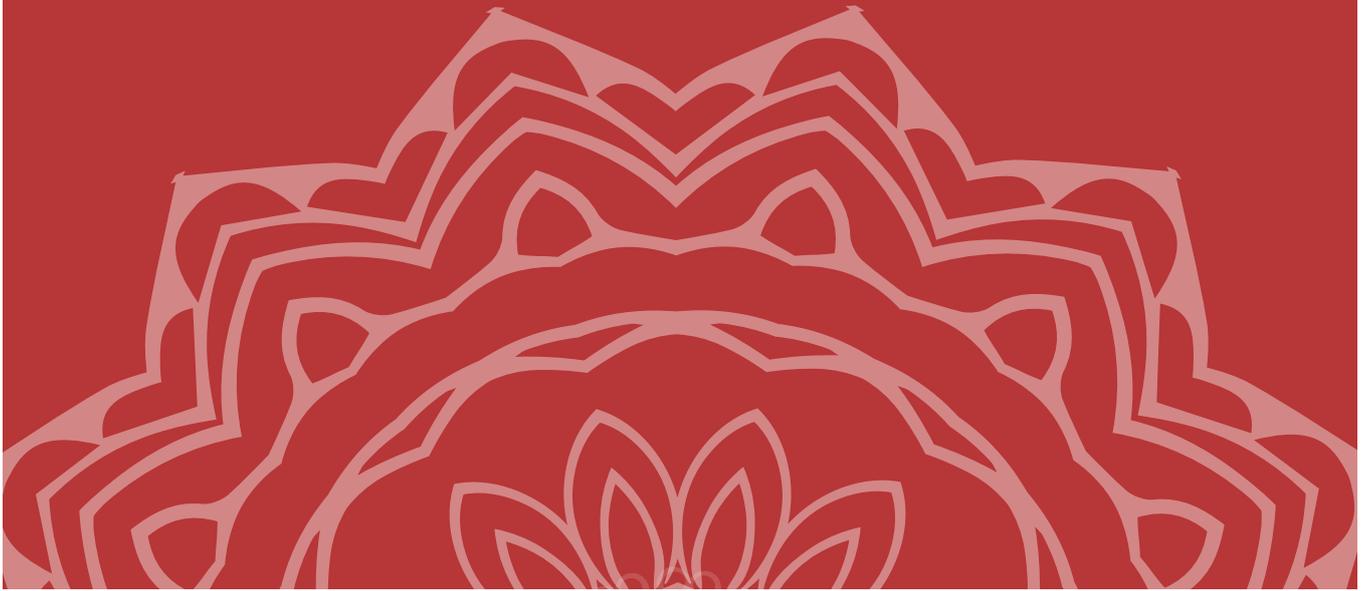


Revolved Side Angle Pose

From Downward-Facing Dog Pose, step your right foot to the inside of your right hand. Come to a lunge position with an open chest and your flat palms on the ground (or on blocks). Bring your torso upright and bring your palms in front of your heart. Then twist your upper body to the right. Hook your left elbow on the outside of your right thigh. Keep your palms together, look up, and open your chest to the twist. Come out of the pose gently, switch sides, and repeat the steps.

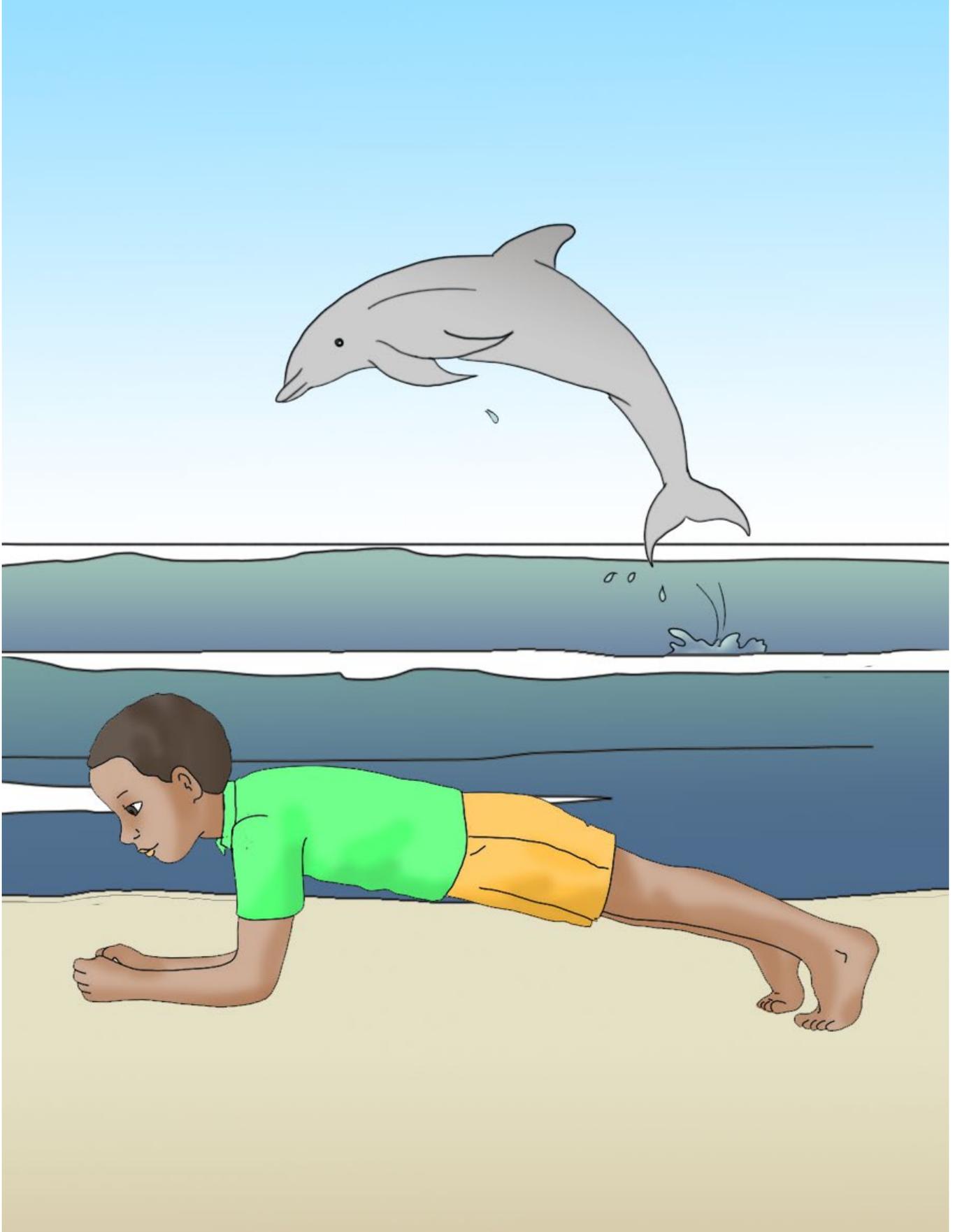


Dolphin Pose

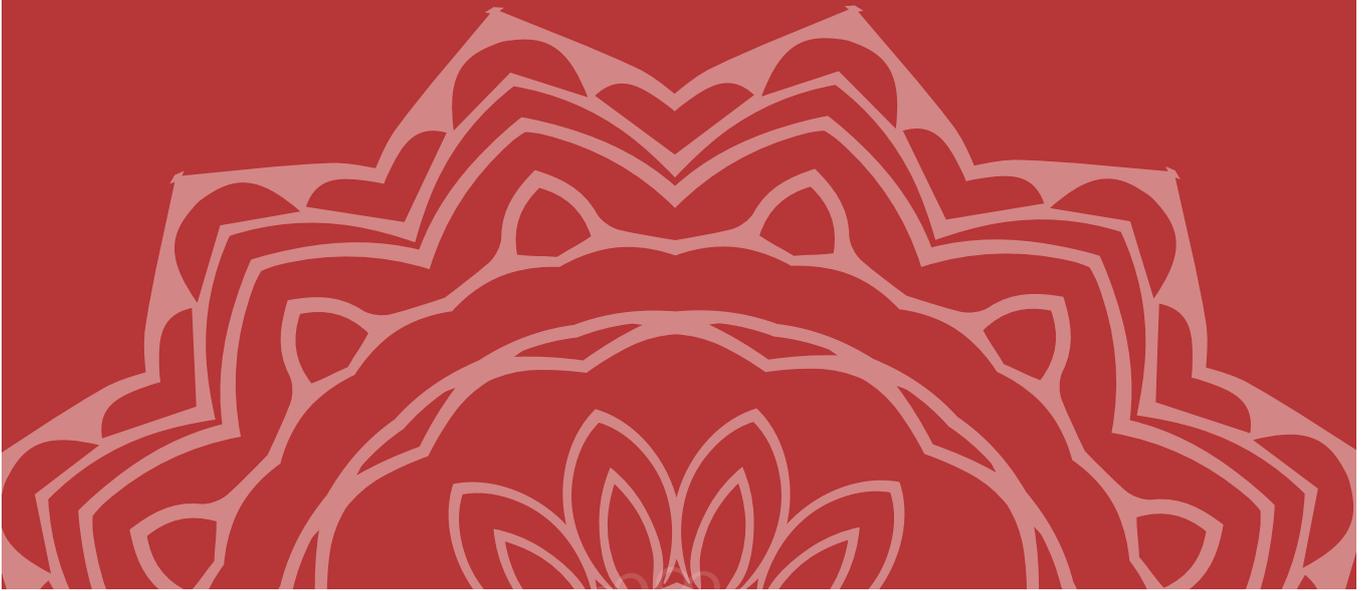


Dolphin Pose

On your hands and knees, bend your elbows and rest your forearms on the ground, keeping your palms flat on the ground. Lift your knees to straighten your legs and then look forward.



Dolphin Plank Pose

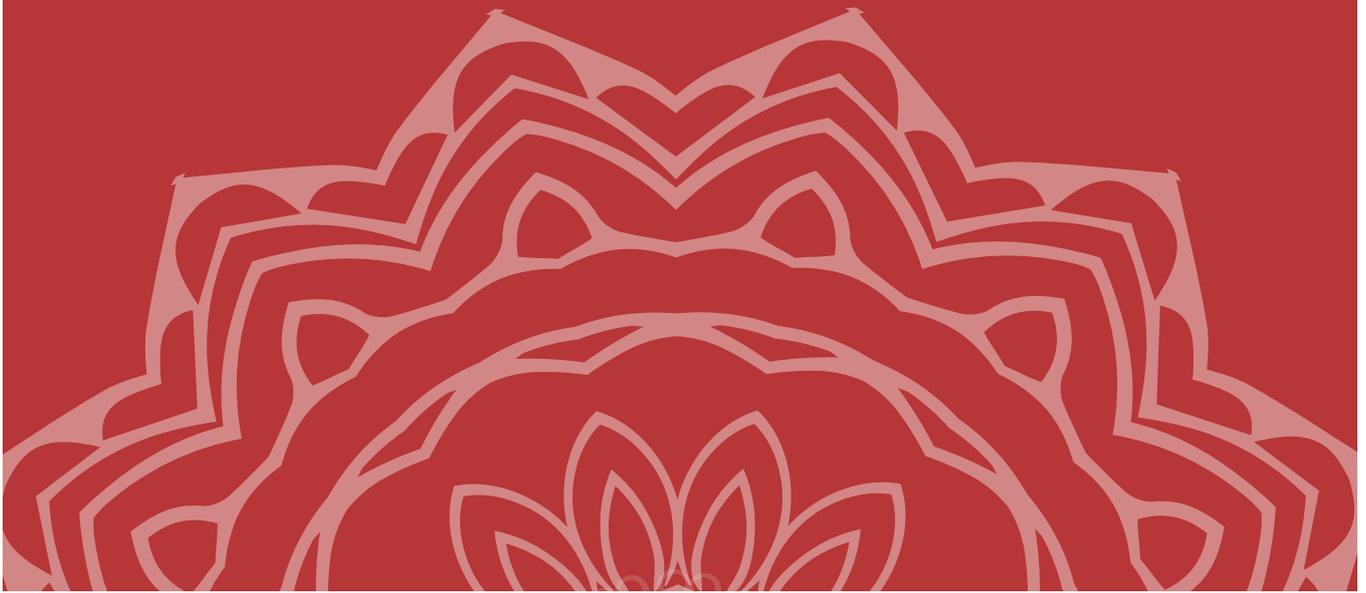


Dolphin Plank Pose

Step back to a plank position on your toes. Bend your arms and come down to rest on your elbows with your forearms parallel out in front of you and palms flat on the ground. Imagine a straight line from your toes to your head. Hold this position for a couple of breaths and then rest.



Lizard Pose



Lizard Pose

From Downward-Facing Dog Pose, shift forward to bring your shoulders over your wrists. Gently place your right foot on the outside of your right hand, with your right foot facing forward. Stay in this deep lunge for a moment. If you're able, drop your elbows to the ground for a deeper stretch. Reverse the steps to come out of the pose. Switch sides and repeat the steps.

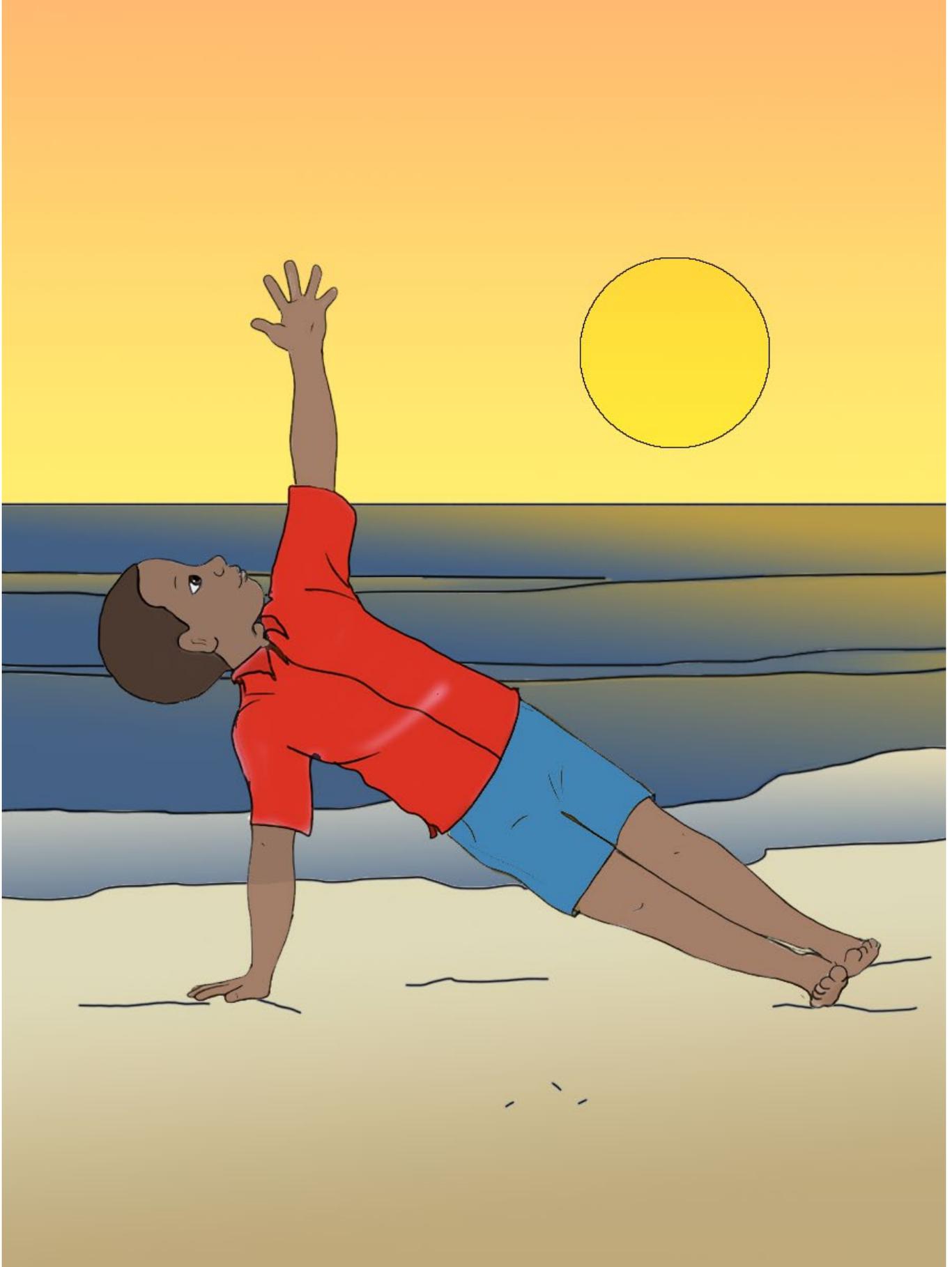


Wild Thing

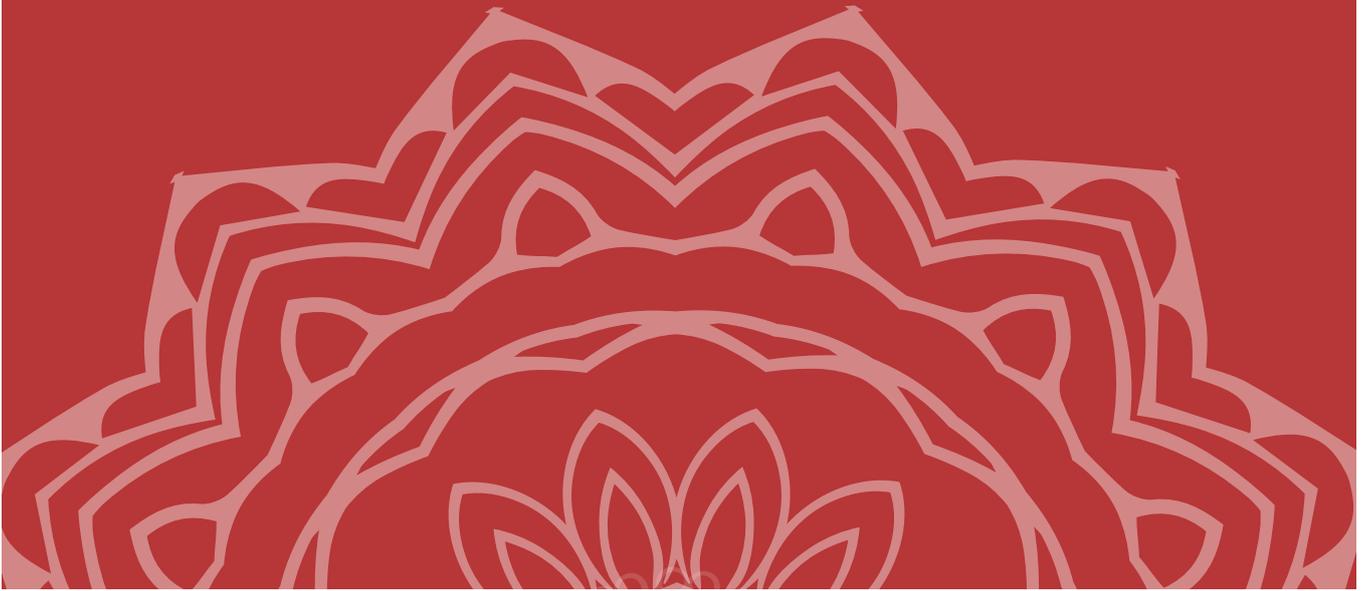


Wild Thing

Start in Downward-Facing Dog Pose. Shift forward to a plank position with your shoulders over your wrists. Rotate into a side plank position by aligning your left shoulder over your left wrist and lifting your right hand to the ceiling. Lift your right foot at the same time as you are shifting into side plank. Bend your right leg and take your right foot back behind you. Carefully place the ball of your right foot under your right hip. Keep your chest open, press firmly into your left hand, and ensure your hips are up high. Take your right hand to reach up overhead. Hold for a few breaths then reverse the steps to come out of the pose. Switch sides and repeat the steps.

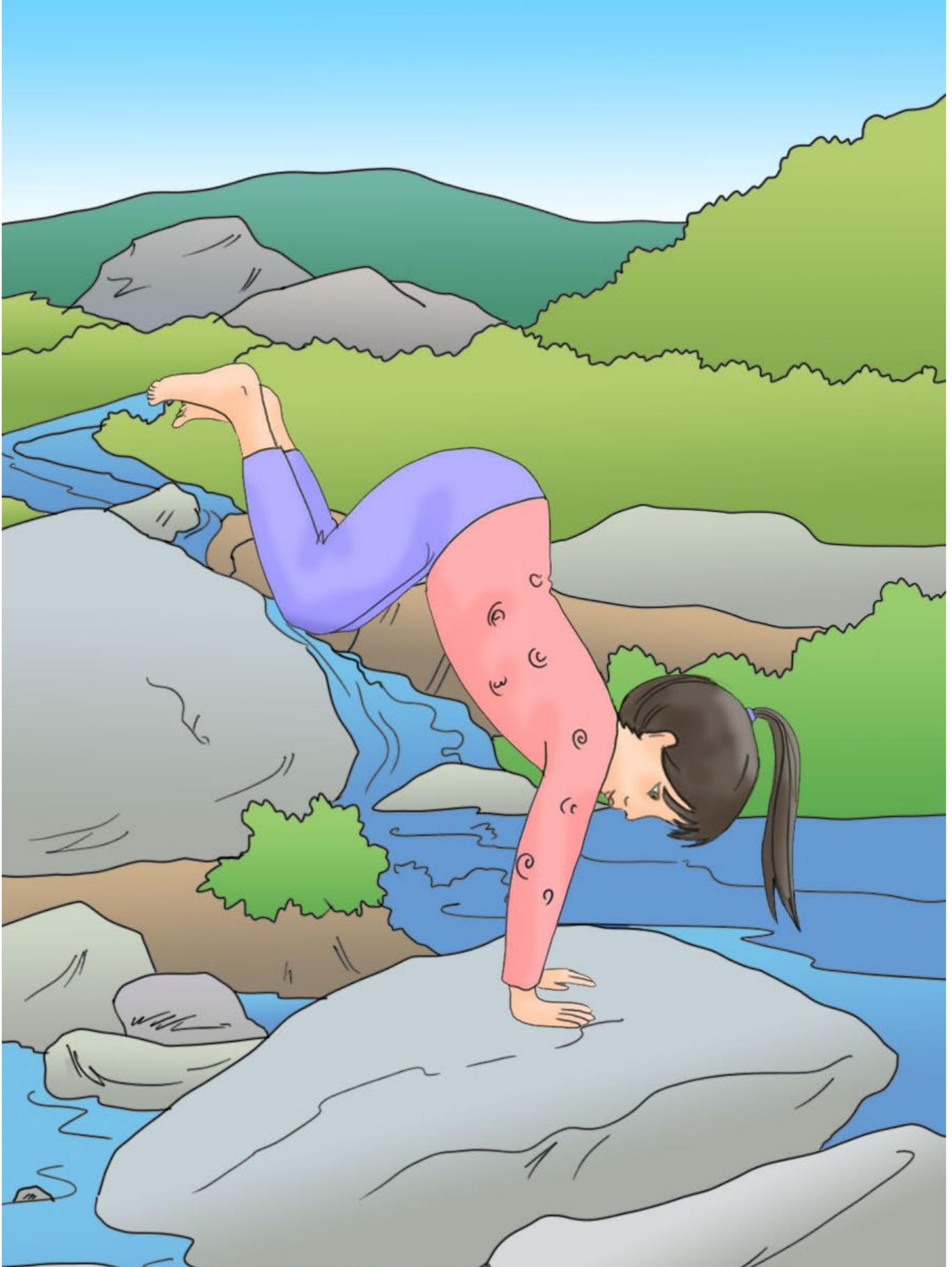


Side Plank

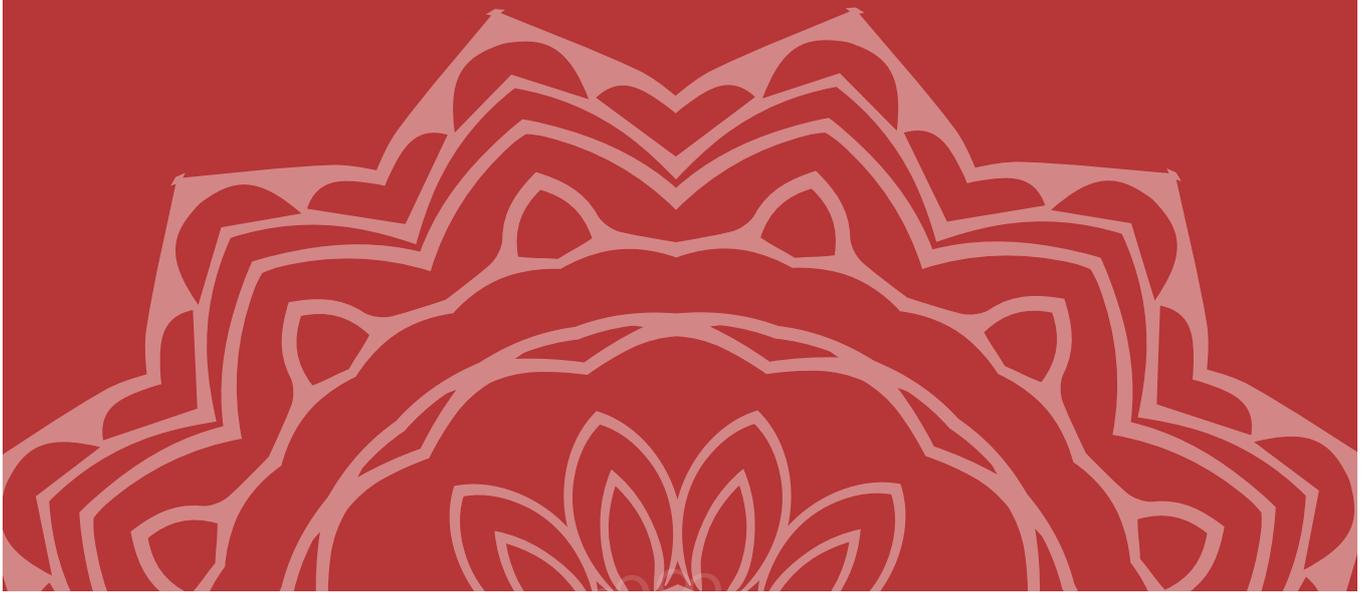


Side Plank

From a plank position, step your feet together and place your right palm in the center of the mat. Roll onto your right foot and extend your left arm straight up to the sky. Keep your body line straight, feet flexed, chest open, and shoulders aligned one over another. Come back to center and repeat on the other side.

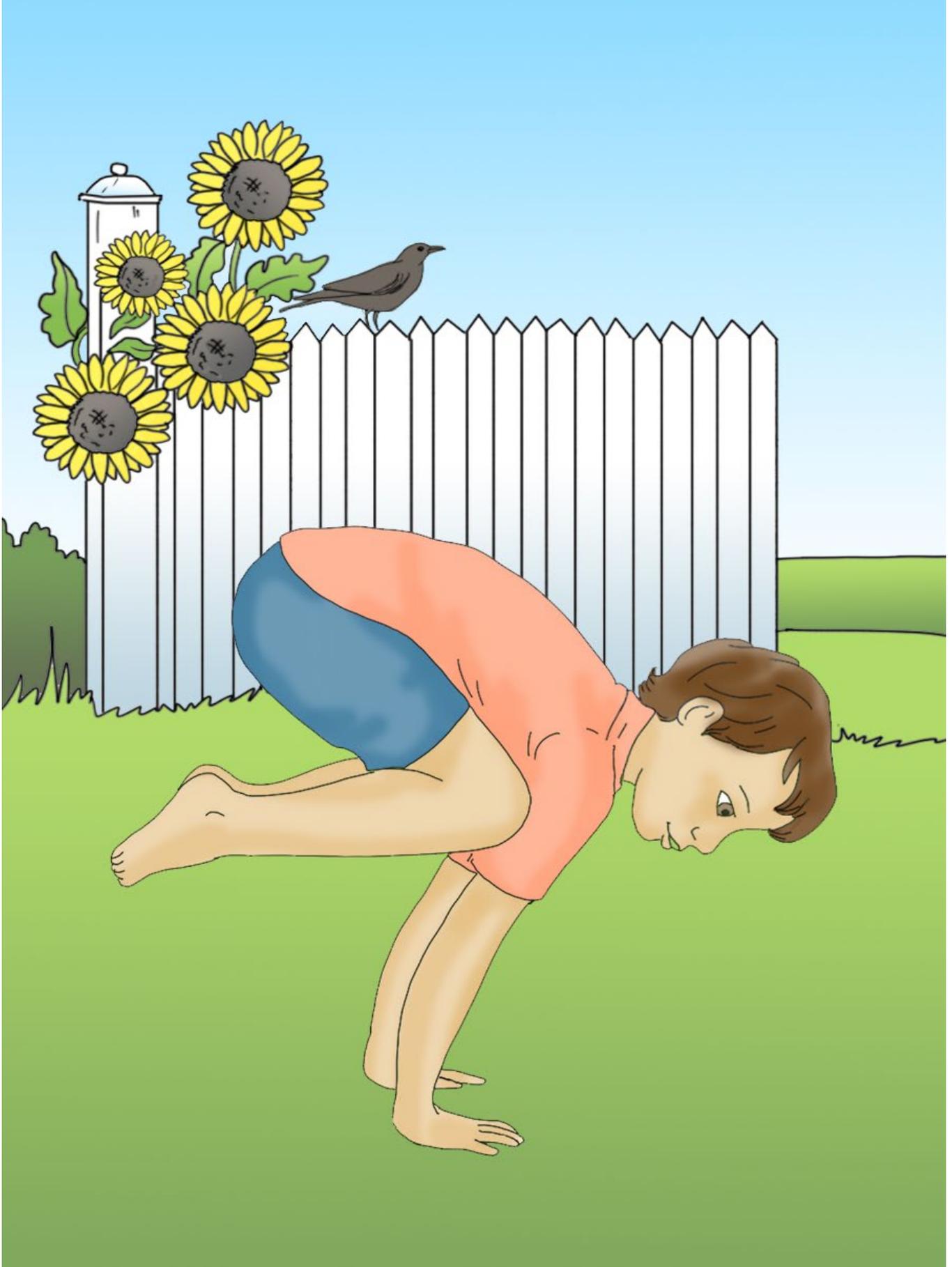


Bunny Hops

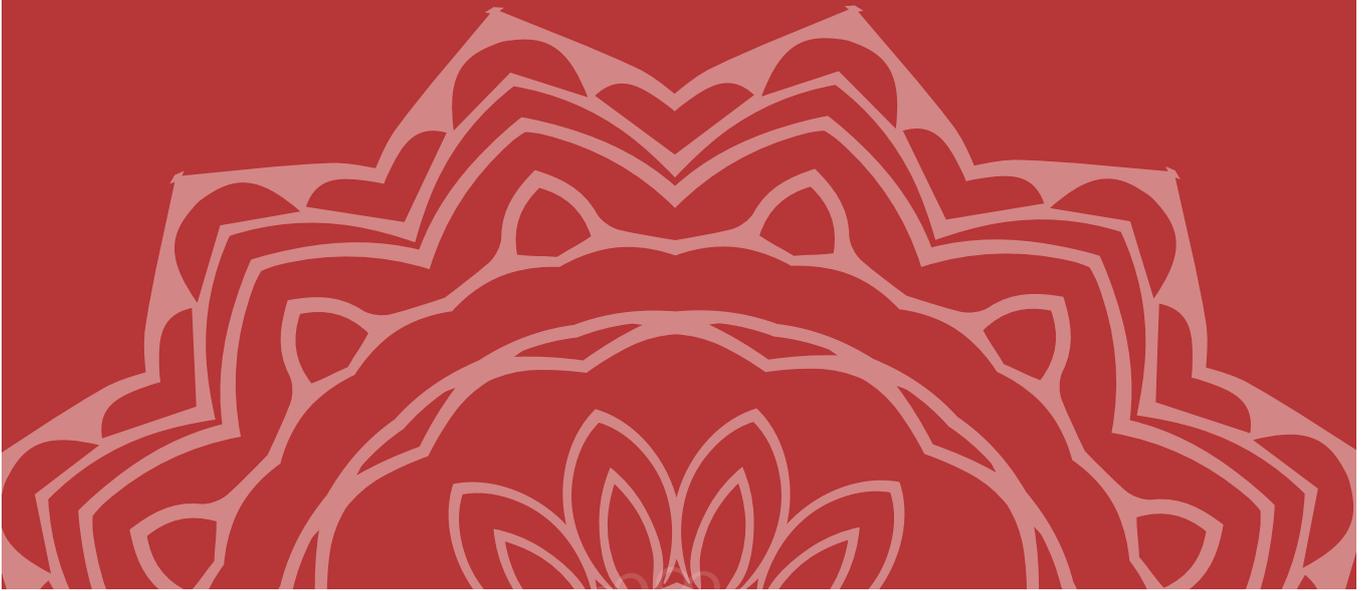


Bunny Hops

From Downward-Facing Dog Pose, inch your feet toward your hands. Align your shoulders over your wrists. Look down in front of you and keep your fingers spread out. If you are steady and strong in your arms, start to take bunny hops with one leg at a time. Rest in Child's Pose when you're done.



Crow Pose



Crow Pose

From a squat position, place your palms flat on the ground out in front of you. Place your knees gently on the back of your upper arms. Tilt forward to lift your toes off the ground and balance on your bent arms, looking forward.



Bow Pose

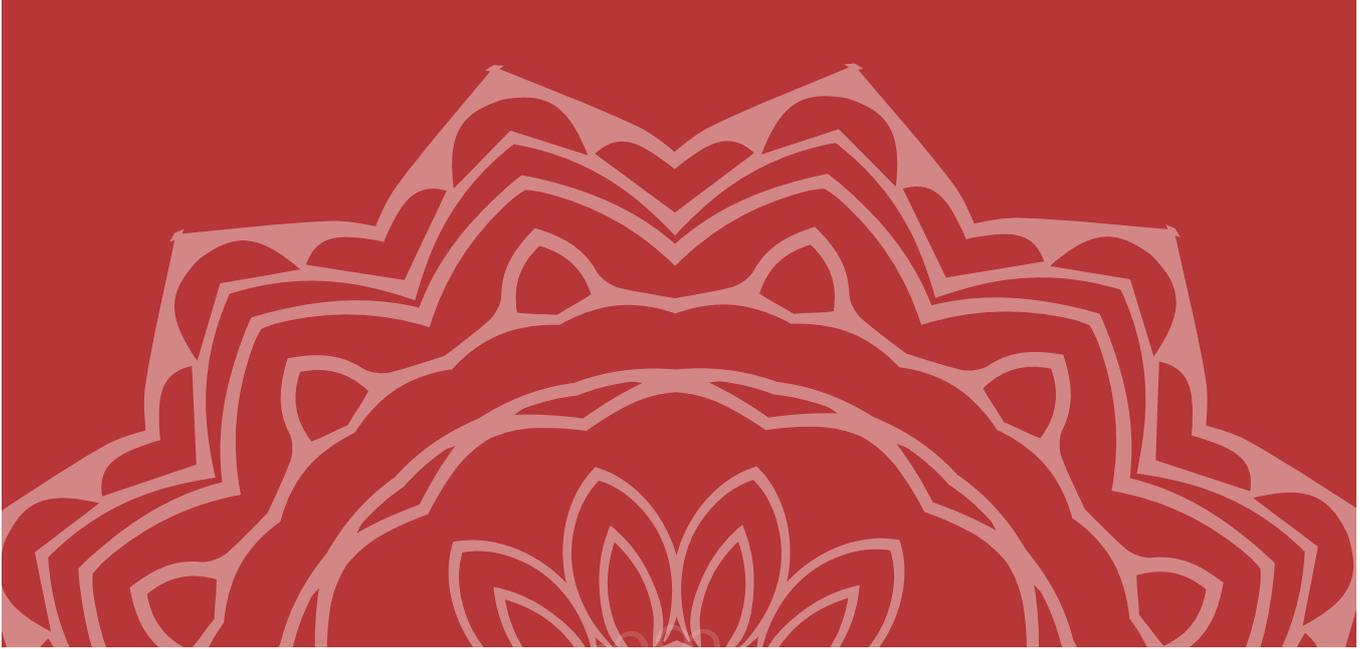


Bow Pose

Lie on your tummy, bend your knees, lift your chest, reach your arms back toward your toes, and hold on to your feet.



Camel Pose



Camel Pose

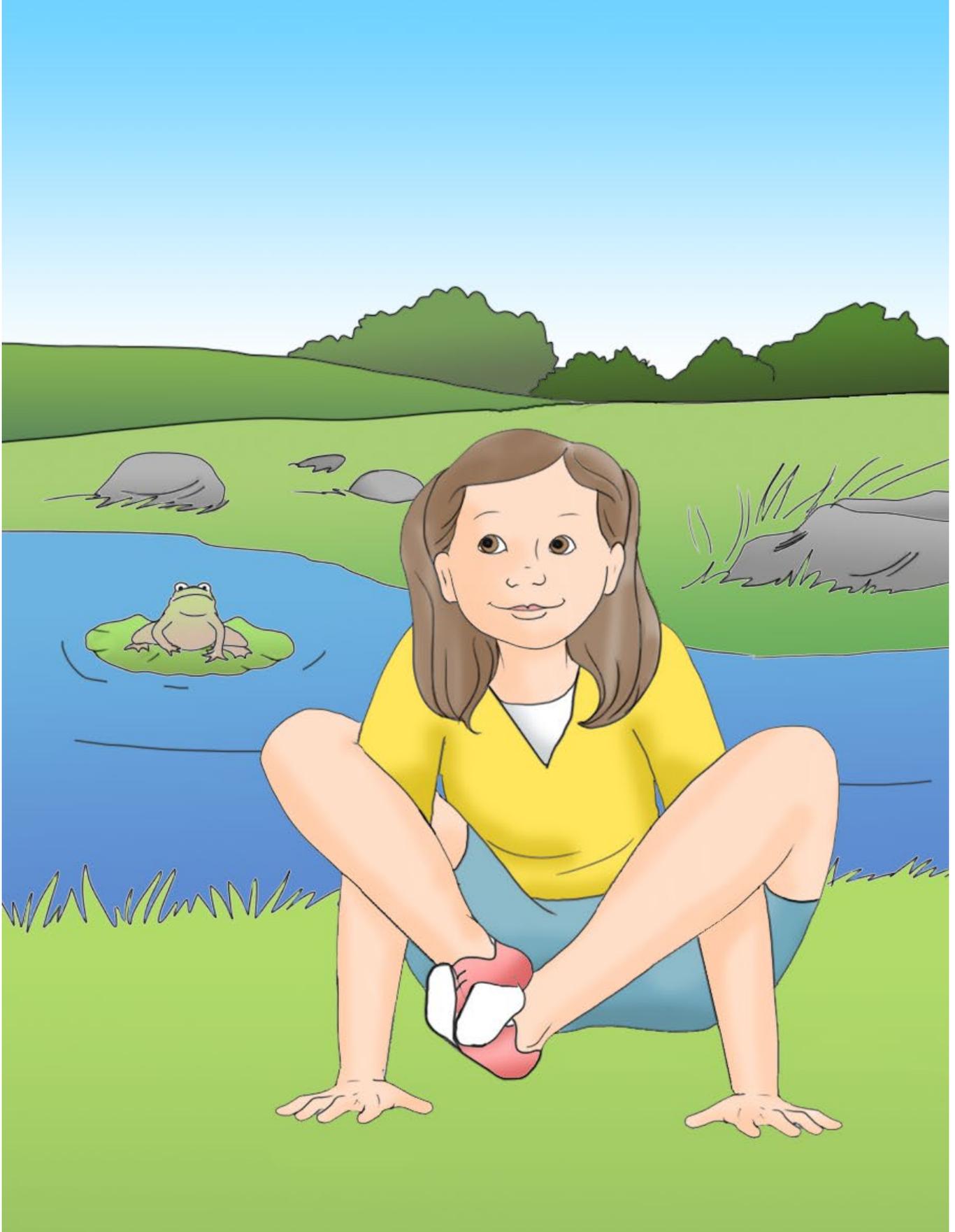
Come to a kneeling position with your toes either curled under or flat on the ground. Lift your head, open your chest, squeeze your shoulders, and place your palms on your buttocks. Gently take your hips forward while shifting your shoulders back, slowly arching your back. If it's comfortable, take your hands to your heels and relax your head back.



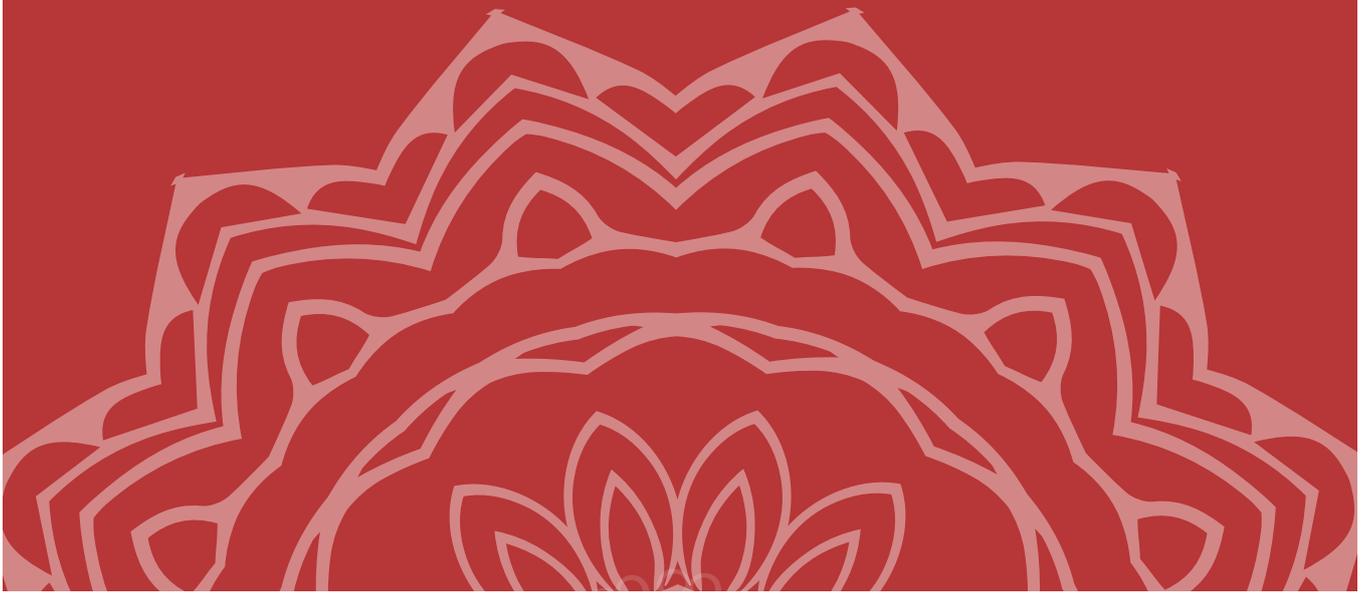
Wheel Pose

Wheel Pose

Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, your palms flat on the ground. Bring your elbows in toward your waist then raise your elbows, pointing them toward the sky and keeping them parallel. Your palms will stay facing up and out as your elbows come up. Place your palms flat on the ground on either side of your head, with your fingers pointing to your feet. Tuck your elbows in and don't let them drift apart. On an inhale, press your feet into the ground, lifting your hips and shoulders. Keep your arms and legs parallel. Open your chest and breath. Straighten your arms and legs as much as possible to create an upside-down "U" shape. Hold for a few breaths then come down slowly to lie on your back.



Shoulder Pressing Pose

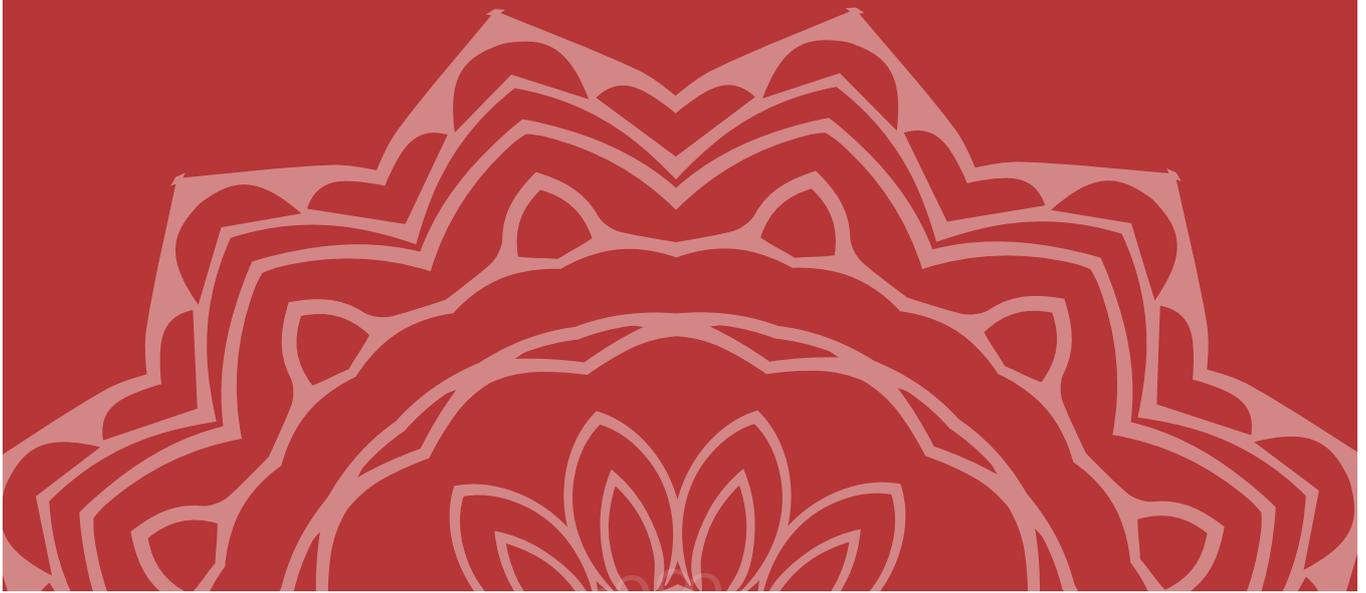


Shoulder Pressing Pose

Come to a squat position with your knees out wide. Place your flat palms (facing forward) on the ground between your legs. Reach your right hand back under your right foot. Tuck your right shoulder under your right calf. Then do the same with your left hand under your left foot. Tuck your left shoulder under your left calf. Bend your arms, drop your hips, and walk your toes out in front of you. Cross your toes over each other. Lean slightly forward and press into your hands. Come to a balance to hover above the ground.

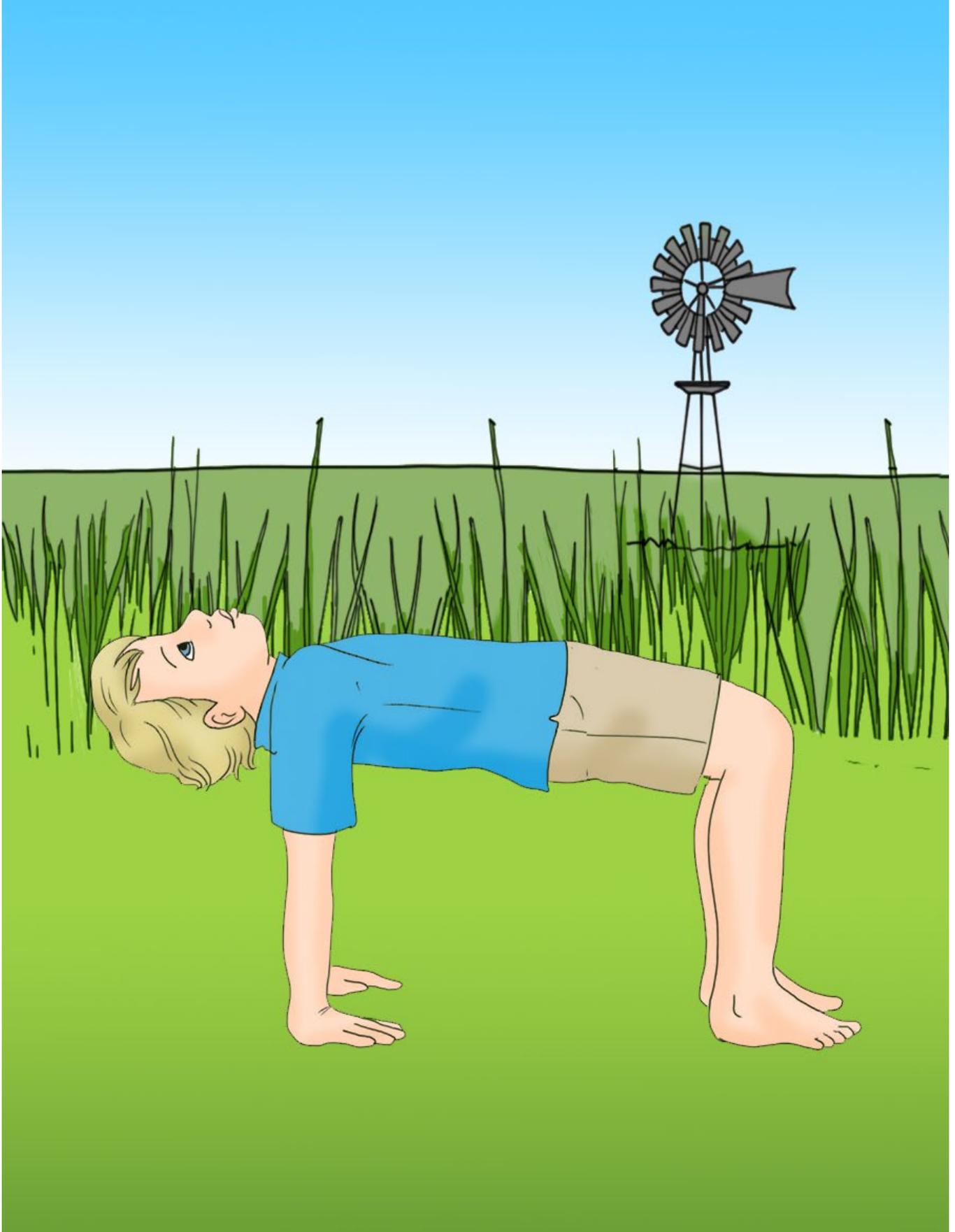


Boat Pose

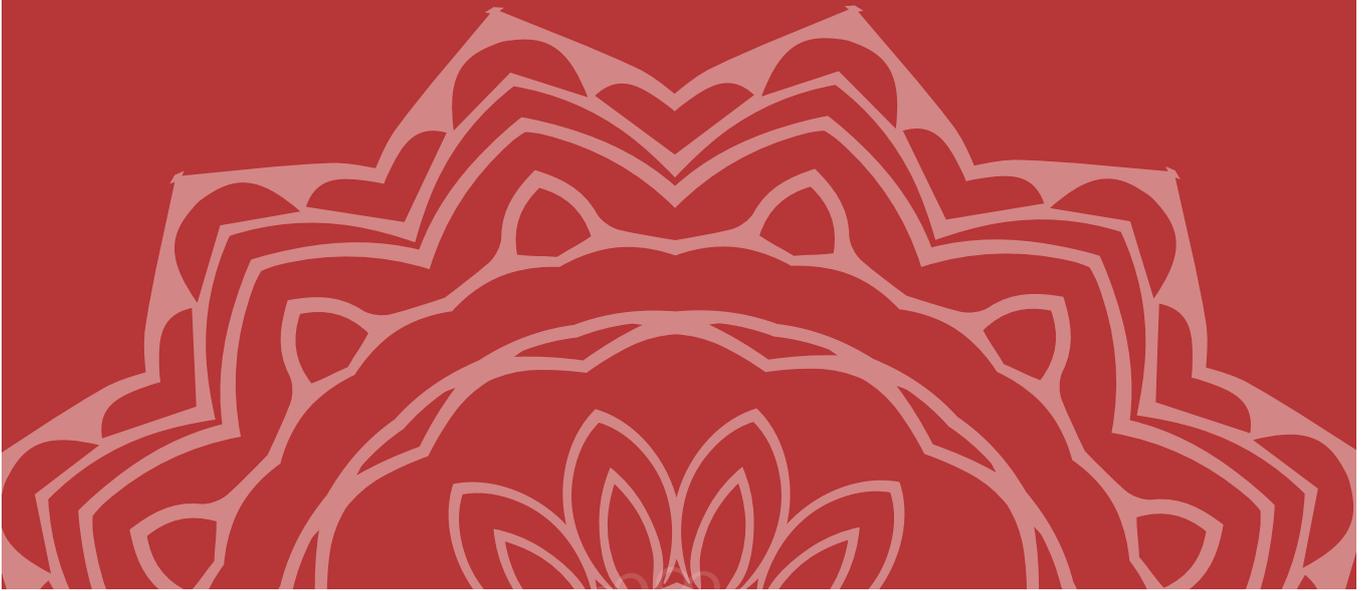


Boat Pose

Balance on your buttocks with your arms and legs straight out in front of you, in a V shape. Keep a straight spine and open chest.



Reverse Table Top Pose



Reverse Table Top Pose

Come to sitting with your palms flat behind you and the soles of your feet flat in front of you. Lift your buttocks to create a table.



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