

# KIDS' YOGA DAY

SUGGESTED 30-MINUTE YOGA ROUTINE with  and  poses  
FOR KIDS AGES 3-8

## WARM-UP POSES

Play soothing music, like "[The ABCs of Yoga for Kids Instrumental](#)" during the warm-up routine. During all poses, instruct kids to breathe in and out through their nose. Encourage kids to make the noise of each animal in each pose, for extra fun.

### 1 Candle



### 2 Cat



### 3 Cow



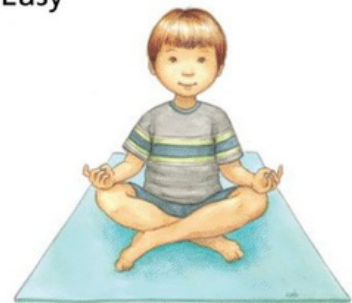
### 4 Dog



### 5 Mouse



### 6 Easy



This routine is by **Teresa Power**, acclaimed yoga expert, best-selling author of the ABCs of Yoga for Kids and Little Mouse Adventures series, and founder of **Kids' Yoga Day**. For instructions on how to do each pose and to sign up for this year's Kids' Yoga Day, visit [kidsyogaday.com/poses](http://kidsyogaday.com/poses). As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

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# KIDS' YOGA DAY 30-MINUTE ROUTINE CONTINUED

## STANDING POSES + GAME

Instruct children to pretend they are elephants during the first pose. Play a song such as "[The Elephant Circus Parade](#)" and when you stop the music, call out the following yoga poses for the kids to do. Once they have held the pose for a slow count of eight, resume the music until you stop once again and call out the next posture for them to try.

**1 Elephant**



**2 Kite**



**3 Waterfall**



**4 Queen**



**5 Chair**



**6 Eagle**



**7 Triangle**



**8 Tree**



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# KIDS' YOGA DAY 30-MINUTE ROUTINE CONTINUED

## FLOOR POSES

### 1 Cobra



(kids can hiss like snakes in this posture)

### 2 Shark



### 3 Airplane



(instruct children to call out where they want to fly to while in this pose)

### 4 Rocking Horse Pose



## WIND DOWN POSES

### 1 Boat



(kids can sing "Row, Row, Row Your Boat" while in this posture)

### 2 Bridge



### 3 Windshield Wiper



Finish off the workshop with the Do Nothing pose!

Play a soothing lullaby such as "House at Pooh Corner" by Kenny Loggins or "Puff the Magic Dragon" by Peter, Paul and Mary. Instruct children to stay in the Do Nothing pose for the duration of the song. You can ring a bell once the song is over and invite them to sit cross legged and share what they are grateful for.

### 4 Do Nothing Pose

