

# KIDS' YOGA DAY

SUGGESTED 45-MINUTE YOGA ROUTINE with  and  poses  
FOR KIDS AGES 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.

1 Candle



2 Cat



3 Cow



4 Gate



5 Dolphin



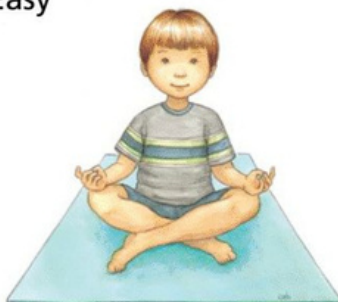
6 Dog



7 Mouse



8 Easy



TERESA POWER



# KIDS' YOGA DAY 45-MINUTE ROUTINE CONTINUED

## STANDING POSES

Continue to play instrumental soothing music throughout the rest of the yoga routine to help keep kids calm and engaged.

**1 Kite**



**2 Waterfall**



**3 Queen**



**4 Chair**



**5 Eagle**



**6 Warrior II**



**7 Triangle**



**8 Tree**



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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# FLOOR POSES KIDS' YOGA DAY 45-MINUTE ROUTINE CONTINUED

**1** Cobra



**2** Shark



**3** Airplane



**4** Rocking Horse



## WIND DOWN POSES

**1** Boat



**2** Bridge



**3** Wheel



**3** Windshield Wiper



Finish off the workshop with the Do Nothing pose!

Play a soothing song 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

