

# WE YOGA

*Yoga uses breathing techniques, exercises and meditation.*

*It is scientifically proven to improve your general health and mental state of well-being (makes you feel happier).*

*Please try these activities with your children:*

## GARDEN YOGA



### Pretend to be a tree

**Tree Pose:** Stand on one leg. Bend the other knee

**Challenge 1:** Place the sole of your foot resting on your ankle and balance.

**Challenge 2:** Place the sole of your foot on your lower leg (**avoiding the knee joint**) and balance.

**Challenge 3:** Place the sole of your foot on your inner thigh (**avoiding the knee joint**) and balance. Now try the other side.



### Pretend to be a frog

**Squat Pose:** Stand with feet shoulder width apart, come down to a squat position with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

**Child's Pose:** Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

**Cobbler's Pose:** Sit on the ground with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



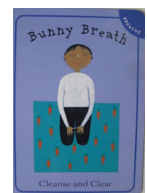
### Pretend to be a flower

**Flower Pose:** Lift your bent legs, balancing on your sitting bones. Weave your arms underneath your legs, palms up. Pretend to be a flower in bloom.

## BREATHING AND RELAXATION ACTIVITIES

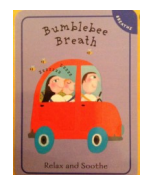
### Bunny Breath

Sit either on your shins or in comfortable seated position with your back straight. Sit, shoulders wide and chest lifted. Keeping your chin down, take 3 big sniffs, one right after the other. Then exhale in a long release, as though you are sighing out through your nostrils. Repeat for 5-7 rounds. When you've finished, you should feel clear, relaxed and alert. It can be a lovely cleansing and calming breath.



### Bumblebee Breath

Wherever you are – walking, working, playing or resting, breathe in fully and as you breathe out, hum like a bee. Make sure your face and lips are soft so you can feel the vibration. Repeat for as long as you like and experiment humming from high to low- notice the differences. As you hum, think of what makes you happy! It can help to relax and sooth the mind.



If you enjoyed these, why not try visiting: [Cosmic Kids Yoga on You Tube](#) (app also available).