

# Fun Yoga Postures for children



# Benefits of Children's Yoga

Yoga helps the physical body be strong, flexible and balanced.

Improves their powers of concentration and focus.

Develops their brain and intellect by working on the glandular system.

Helps them cope with stress and difficult emotions

Develops their creativity and imagination

Helps them develop calmness.



# General Guidelines for doing Yoga

Doing yoga for 15 to 20 minutes is enough for the body

Do yoga according to your stamina

Warm up a little before starting yoga asanas (preparations before doing yoga)

Do yoga at a time when you have at least one hour to eat food



# Warm up



Shake your hands



Jump four times where you are standing



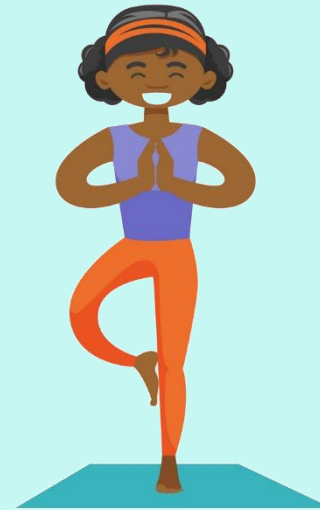
# Yoga Postures



Standing with folded hands - helps to relax the body



Boat Pose - Helps with physical balance and proper sitting postures



Tree Posture - Develops concentration, focus and balance in body



Triangle posture improves digestion



# Yoga Postures



Mountain pose -  
improves brain  
function



Warrior pose -  
builds  
confidence



Cobra pose -  
strengthens the  
core



Deep breathing -  
reduces stress  
and calms the  
mind



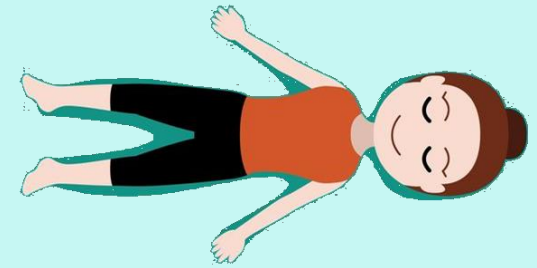
# Yoga Postures



Lion posture-  
relieves stress



Star pose -  
Stretches the  
muscles of the  
body



Lying on ground  
asanas - Finally  
perform the asana  
posture so that the  
whole body rests in  
a relaxed state



END