

Grades K-5

YOGA BALANCE POSES

Here are three basic “balance” poses for kids to learn and practice. Give kids the option of leaning on a wall or chair if they feel they need it, or suggest they try poses with a partner for added support and fun.

TREE POSE

- Stare at one object straight ahead in the distance to stay focused. Take a deep breath (inhale slowly in, exhale slowly out).
- Pretend you are a tree in a forest. Your feet will be roots, your legs will be trunks and your arms will be branches.
- Stand on your right leg, and imagine that leg is a tree trunk. Bring your left foot to rest on your “trunk,” above or below the knee. Raise and reach out your arms like tree branches.
- Focus on planting your roots (your standing foot) deep into the ground. Feel the sun on your face and hear the wind rustling through your leaves. Imagine birds, chipmunks and squirrels living in your branches.
- Do this pose on each leg. Is one easier than the other? Take equal turns standing on both to create balance.

EASIER: Begin by leaning on a wall or chair for support. or stand two feet from a wall, in case you need it for support.

HARDER: Close your eyes and see if you can keep your balance without falling over. Pretend it’s a windy day and wave your arms (branches) gently in the wind. Hold hands with two or three other “trees” and make a forest!

EAGLE POSE

- Pretend you are an eagle.
- Fix your talons (feet) firmly on the ground.
- Breathe in and bend your knees.
- Breathe out and spread your wings (arms) out wide to both sides.
- Repeat as you soar through the sky!
- Now breathe in and bring your hands to your hips. Cross one leg over the other leg and try to hook your “talon” behind your calf. (Easier: Let your toes touch the ground.)
- How long can you stay in your perched position?
- Hold for as long as you can and then repeat with the other leg for balance.

EASIER: Rest your back against a wall while doing this pose. or do part one of the eagle Pose (soar) only, but not part two (the perch).

HARDER: Bring your arms out in front of you. Bend your elbows, cross one arm over the other and have your hands touch palm to palm. Now do the perch position with your legs.

DANCER POSE

- Pretend you're a ballet dancer on a stage.
- Stand with both feet firmly on the ground. Picture your feet in delicate ballet slippers.
- Breathe in and lift your left heel up towards your rear end.
- Breathe out and clasp your left foot.
- Breathe in and stretch your left arm straight up to the sky. Feel your body stretch.
- Breathe out as you lean forward and raise your left leg high behind out.
- Hold for as long as you can, breathing in and out slowly.
- Now repeat with the right side for balance.

EASIER: Lean on a chair for balance.