

# PRINTABLE YOGA CARDS FOR KIDS



## BENEFITS OF YOGA:

Practicing yoga has many physical, social, emotional and cognitive benefits. When children practice yoga it increases their confidence, builds concentration and strengthens growing bodies.

Each of these cards depict a fun, beginner yoga pose you can try with your child over FaceTime or Zoom and when you physically visit them in the future.

## INSTRUCTIONS:

1. Download, print and cut out the yoga cards. You could also just view them on your computer screen!
2. The number of stars indicates what level of difficulty each pose is (e.g. 1 star = Level 1).
3. Work your way up to from Level 1 to Level 5 to become a yoga master! Try to hold each pose for 10 seconds.

**A tiny tip:** You can laminate the cards, so you can use them over and over again!



# LEVEL 1

## MOUNTAIN



The mountain is a basic pose of yoga. Stand tall to align the shoulders, hips and feet.



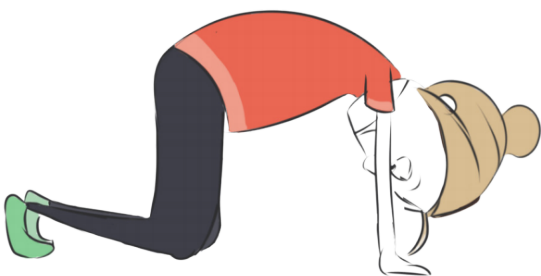
## SNAIL



Like a snail in its shell, tuck your knees and reach your hands back toward your feet.



## CAT



The cat pose helps to stretch and relax the back. Arch your back as high as possible.



## COW



The cow pose is the opposite of the cat pose. The cow pose helps strengthen the upper body.



## LEVEL 2

### BUTTERFLY



Sit cross-legged with a straight back. The butterfly is a great pose for meditation too.



### WARRIOR



The warrior improves flexibility and balance. Lunge forward and reach hands above your head.



### CAMEL



The camel pose is a great way to improve posture. Kneel on the ground and reach backward to your ankles.



### DOG



Stand on all-fours with your hips in the air. The dog pose increases concentration and inner calm.



# LEVEL 3

## COBRA



The cobra is the perfect way to relax the body. Place hands on the ground for excess support.



## TREE



The tree pose is an excellent way to practice balance. Remember to try it on both legs.



## WARRIOR 2



This pose is the next level up from Warrior. Lunge forward and reach arms out to the side.



## CHAIR



Reach hand tall and lean back like you are sitting in a chair. This pose builds balance and strength.



# LEVEL 4

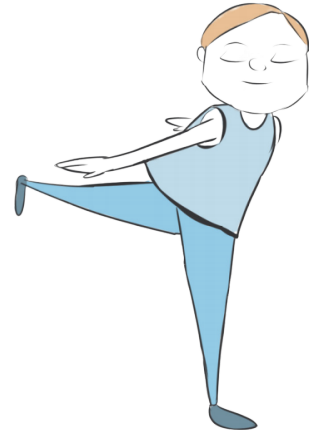
## FLAMINGO



The flamingo increases balance and self-confidence. Lift one leg in the air and stretch it out behind you.



## PLANE



The plane is similar to the flamingo. This time reach your arms out sideways like the wings of a plane



## SUPERHERO



Lay on your stomach. Lift your chest and legs as high as you can, just like a superhero flying.



## BRIDGE



Keeping your shoulders grounded, push your hips into the air. The bridge improves posture and leg strength.



# LEVEL 5

## BOAT



Lift your chest and legs up to create a 'V' shape. The boat pose builds strength and improves balance.



## SHOULDER STAND



The shoulder stand is a fun way to reduce stress and tension. It also massages the spine.



## PLANK



Position yourself on your hands and toes with a flat back. Hold your body still and strong.



## CROW



The crow is extra challenging. This pose requires concentration, balance and strength.

