

Aeroplane Pose

1

Dekasana



Benefits	
	Improves balance, develops concentration, strengthens legs, chest, and arms.
1	Begin in mountain pose.
2	Extend arms out to either side.
3	When you feel balanced, exhale and lean forward, lifting one leg straight behind you.
4	Hold this pose, then return your leg to the ground and your arms to your sides.
5	Repeat with opposite leg.

Iceberg Pose

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Downward Facing Dog, Adho Mukha Svanasana



Benefits	
	Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.
1	Begin on hands and knees.
2	Exhale, straighten knees, and lift hips, so you are in an upside down V.
3	Hold this position for as long as you like. Let your head hang down and breathe.
4	To release, exhale and bring knees to the floor.

Walrus Pose

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Butterfly Pose



Benefits	
	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Begin by sitting with soles of feet together.
2	Touch fingers to the side of your head.
3	Gently bounce your knees to flap your walrus flippers.
4	Exhale, and slowly lower your hands back to your lap.

Snow Goose Pose

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Warrior II Pose, Virabhadrasana II



Benefits	
	Strengthens and stretches legs and core, stretches chest and shoulders, relieves backaches.
1	Stand with your feet wide apart.
2	Turn your left foot in and your right foot out 90 degrees.
3	Inhale, and lift your arms to shoulder height.
4	Exhale, and bend your right knee. Be careful not to extend your knee past the 90 degree point with your ankle.
5	Keep your torso tall, turn your head, and look out over your right fingertips.
6	Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Boat Pose

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Navasana

Benefits	Strengthens the abdomen and spine, invigorates the body, helps relieve stress, improves digestion.
1	Sit on your bottom.
2	Put one leg up to chest height then the other.
3	Place hands behind thighs for support. (Extension: Try to put arms out straight if possible).
4	Rock backwards and forwards like a boat.

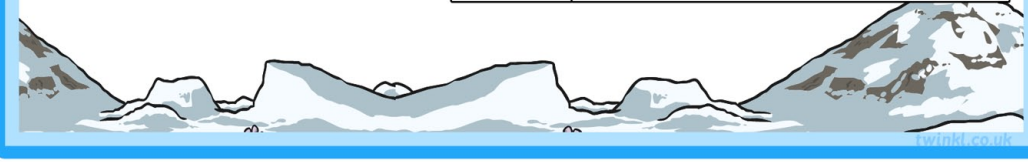


Whale Pose

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Locust Pose / Snake Pose, Salabhasana

Benefits	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head, upper torso off the floor.
3	Gaze forward or slightly upward.
4	Hold this position, then release.



Seal Pup Pose

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Happy Baby Pose, Ananda Balasana

Benefits	Gently stretches inner groins and spine, calms the mind, and helps relieve stress and fatigue.
1	Lay down on your back.
2	Exhale, bend your knees into your belly, and hold onto your feet.
3	Allow your body to gently rock side to side.



Polar Bear Pose

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Benefits	Stretches arms, legs, sides, and chest; releases tension.
1	Begin on your knees, then sit back on your heels.
2	Spread your knees comfortably apart.
3	Bend forward, bringing your chest to the floor.
4	Bring your hands in front of you, lacing your fingers together.
5	Exhale through your mouth, warming your paws.



Arctic Hare Pose

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Frog Pose, Ardha Bhekasana



Benefits	Tones legs, increases hamstring flexibility.
1	Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2	Look up and inhale.
3	As you exhale, straighten your legs and lower your head toward your knees.
4	Return to squatting position, then repeat.

Arctic Fox Pose

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Three-Legged Dog Pose, Tri Pada Adho Mukha Svanasana



Benefits	Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.
1	Begin in downward facing dog (hands and feet on the floor, bottom in the air in an upside down V).
2	Lift one leg, hold, then lower with an exhale.
3	Repeat with the opposite leg.

Igloo Pose

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Triangle Pose, Trikonasana



Benefits	Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.
1	Stand in mountain pose.
2	Exhale, and step feet wide apart.
3	Raise your arms parallel to the floor, palms down, extending through your shoulder blades.
4	Turn your left foot in slightly and your right foot out 90 degrees, aligning your right heel with your left heel.
5	Exhale, bend through your hips, and rest your right hand on your shin or ankle. Stretch your left arm toward the ceiling.
6	Hold this pose, inhale and return to standing. Repeat on opposite side.

Candle Pose

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Rainbow Pose



Benefits	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Raise both hands over your head.
2	Drop one hand by your side, exhale, and arch the other over your body.
3	Hold this position.
4	As you bring your dropped arm back above your head, straighten your body.
5	Repeat on the other side.

Crescent Moon Pose 13



Benefits	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Inhale, and raise your hands over your head, pressing your palms together.
2	Exhale, and tip your body to one side.
3	Inhale return to standing straight.
4	Repeat on the opposite side.
5	Exhale, and lower your arms.

Relaxation 14



Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Lay down on your back, with arms next to your body and legs slightly apart.
2	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age of the children.