



A central illustration of a young girl with brown hair, wearing a green tank top with a white horizontal stripe and blue leggings. She is sitting on the floor in a yoga pose, with her legs crossed and her arms raised behind her head. The text 'YOGA POSES' is written in a large, bold, green font with a yellow drop shadow, arching over her head.

YOGA POSES

FOR KIDS

CARDS

DECK 3

www.kidsyogastories.com

INDEX

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YOGA POSE TIPS

This list of more challenging yoga poses for kids serves as an inspiration guide, but please encourage the children's creativity. Yoga poses for kids often mimic our natural surroundings and may be interpreted in different ways. Some things to consider when you are practicing yoga with your children:

- Feel free to adapt or change the yoga poses to suit your needs. Cater to their energy levels and different learning styles.
- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Engage the children. Follow their passions and interests. Create authentic, meaningful experiences.
- Be creative and enjoy yourselves, but please be safe. Wear comfortable clothing and practice barefoot.
- Play yoga games to engage them in learning about the poses. Empower them to teach themselves the poses and try them out. Have them teach each other.

YOGA POSE TIPS (continued)

- Don't worry if you don't get the yoga pose the first time. Go easy on yourself and keep practicing. Some of these postures are extremely difficult. Think of this as a lifelong practice that evolves over time.
- The most important thing when practicing the more advanced poses is to listen to your body. Only do what feels comfortable to you.
- It is highly recommended to include an inhale and exhale as you move through the steps to building the posture. Practice linking movement to breath in a light-hearted way.
- Familiarize yourself with the yoga poses before introducing them to your children. You could even take a collection of three to six yoga poses to create a flow sequence with the poses.
- Feel free to add your own props, music, relaxation stories, or songs to make the experience more meaningful for your children.

YOGA POSE TIPS (continued)

- Set up the environment beforehand so the children know what to expect while practicing these yoga postures. Slow down, capture their attention, and help them focus.
- Ensure that you are practicing both sides of a pose. For example, practice on both the right side and left side. Come out of each pose slowly and carefully.
- Take time to rest after a session of practicing the yoga poses. Lie in Resting Pose and take a few long, deep breaths to allow your body to soften and release any tension in your body.

For more yoga poses, check out our other two decks of yoga cards, **Yoga Poses for Kids Cards (Deck One)** and **More Yoga Poses for Kids Cards (Deck Two)**! For yoga card games, check out our list of [How to Play Yoga Card Games](#).

www.kidsyogastories.com/yoga-cards-for-kids-games



Cow Face Pose



Cow Face Pose

Instructions

- Sit with your knees bent and feet flat on the ground.
- Slide your right foot under your left knee to reach toward your left hip.
- Now slide the left foot toward the right hip, stacking the knees on top of each other.
- Ensure that you're sitting evenly on your buttocks.
- Reach your left arm up overhead, bend your arm, and slide your hand down your back.
- Take your right arm out to the side, bend your arm, and take it to your back to try to hold your left hand.
- Open your chest, keep your left armpit open, and ensure your shoulders are level. Use a towel or a strap if you need help in bringing your hands together.
- Switch sides and repeat the steps.



Crescent Lunge



Crescent Lunge

Instructions

- From a standing position, step your right foot back into a lunge with your left foot directly over your left knee and a straight back leg.
- Inhale and take your parallel arms straight up overhead.
- Open your chest, look up, and take a few deep breaths.
- Switch sides and repeat the steps.



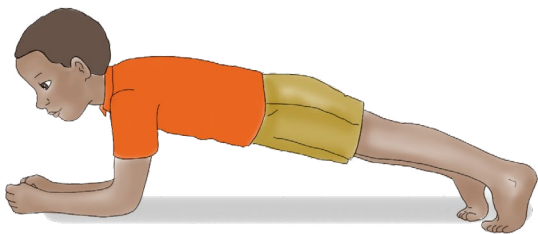
Crow Pose



Crow Pose

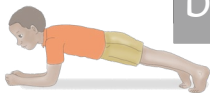
Instructions

- From a squat position, place your palms flat on the ground out in front of you.
- Place your knees gently on the back of your upper arms.
- Tilt forward to lift your toes off the ground and balance on your bent arms, looking forward.



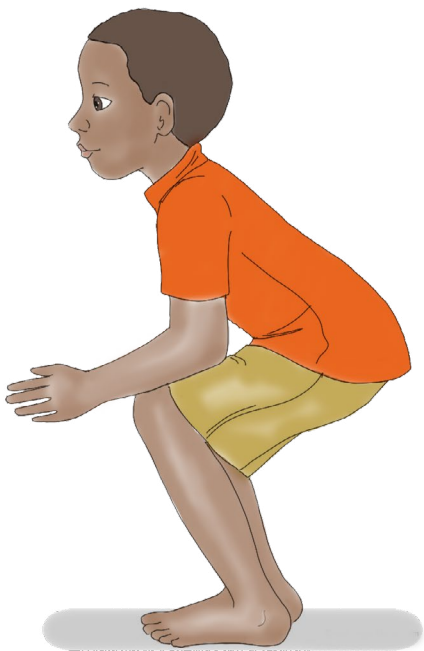
Dolphin Plank Pose

Dolphin Plank Pose



Instructions

- Step back to a plank position on your toes.
- Bend your arms and come down to rest on your elbows with your forearms parallel out in front of you and palms flat on the ground.
- Imagine a straight line from your toes to your head.
- Hold for a couple of breaths and then rest.



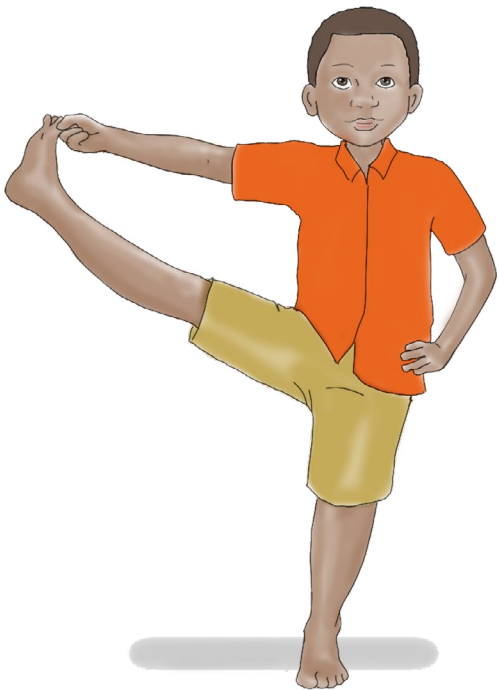
Downhill Skier Pose



Downhill Skier Pose

Instructions

- Stand tall in Mountain Pose with your feet hip-width apart.
- Bend your knees and rest your elbows on your thighs slightly above your knees, clasping your hands together.
- Keep a straight spine and look forward, pretending you are skiing down the mountain.



Extended Hand-to-Big-Toe Pose



Extended Hand-to-Big-Toe Pose

Instructions

- From a standing position, bend your right knee toward your chest.
- Grab your right big toe with your right hand and place your left hand on your left hip.
- Extend your right leg out to the side, straightening the leg as much as possible.
- Hold this pose for a few breaths then bring your leg down slowly.
- Switch sides and repeat the steps.



Fish Pose

Fish Pose



Instructions

- Lie on your back with your knees bent and feet flat on the floor.
- Lift your chest and place your elbows on the floor at your sides, tucking them under your body.
- Place your palms under your buttocks.
- Straighten your legs and press out through your heels.
- Next, gently drop your head back toward the floor, arching your back and keeping your elbows tucked into close to your body.



Forward Bend Chest Stretch



Forward Bend Chest Stretch

Instructions

- Come to a standing position with your feet hip width apart.
- Clasp your hands together behind your back (or grab a strap if your shoulders are tight).
- Slowly bend your torso forward and drop your head toward the ground.
- Allow your clasped hands to stretch up behind you.



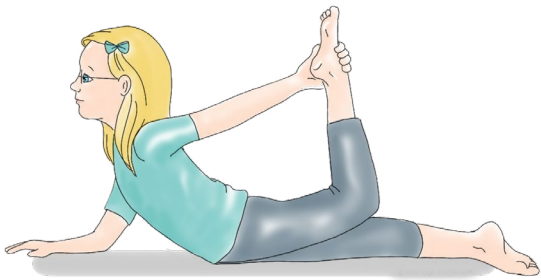
Gate Pose



Gate Pose

Instructions

- Start by standing on your knees.
- Take your right leg straight out to the right side.
- Inhale and bring your arms up, parallel to the ground, at your sides.
- Exhale and tilt to the right, extending your left arm straight up and placing your right hand on the shin of your extended leg.
- Look up and feel the stretch on the left side of your body.
- Hold the pose for a few breaths.
- Then bring your left arm back down and bring your right leg in.
- Switch sides and repeat the steps.



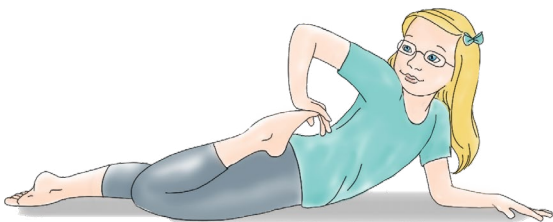
Half Bow Pose



Half Bow Pose

Instructions

- Lie flat on your belly with your legs extended out behind you.
- Then press up to a sphinx position on your elbows, with your hands out in front of you.
- Bend your left knee, bring your foot up.
- Take your left hand back to grab your left foot on the inside.
- Look forward, open your chest, and extend your leg up toward the sky.
- Switch sides and repeat the steps.



Half Frog Pose



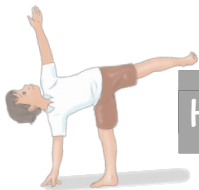
Half Frog Pose

Instructions

- Lie flat on your belly with your legs extended out behind you.
- Then press up to a sphinx position on your elbows, with your hands out in front of you.
- Bend your left leg and take your left hand back to grab your left foot.
- With your hand, carefully bring that foot toward your left buttocks.
- Switch sides and repeat the steps.



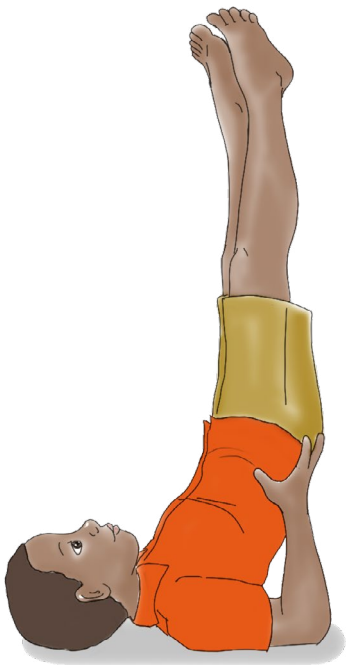
Half Moon Pose



Half Moon Pose

Instructions

- From a standing position, step your left foot back while opening your hip out to the side.
- Tilt forward, place your right hand flat on the ground (or on a block) in front of your right foot, while simultaneously lifting your left foot.
- Open your hips and extend your left arm up to the sky.
- Align your shoulders over each other and open your chest.
- If possible, try gazing out to the left. Switch sides and repeat the steps.



Half Shoulder Stand



Half Shoulder Stand

Instructions

- Lie on your back with your knees bent, feet flat on the floor, arms resting alongside your body, and chin tucked in.
- On an exhale, push your palms down and lift your legs straight up, making an L shape with your body.
- Stay in this position or squeeze your belly and raise your hips.
- Then bend your elbows and place your palms on your lower back for a half shoulder stand.



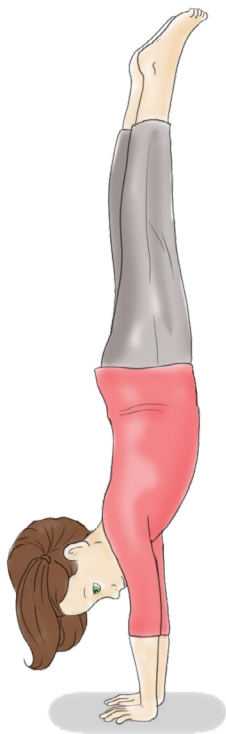
Half Squat Pose



Half Squat Pose

Instructions

- From a standing position, step your feet out wide with your feet facing forward.
- Place your hands on your hips.
- Bend your torso and then take your hands to the ground in front of you.
- Bend your right knee and come to squat to the right, with your flat palms on the ground.
- Then, shift to the left for a squat on the other side.



Handstand



Handstand

Instructions

- From Downward-Facing Dog Pose, inch your feet toward your hands.
- Align your shoulders directly over your wrists.
- Look down in front of you and keep your fingers spread out.
- If you are steady and strong in your arms, start to take bunny hops with one leg at a time.
- Come to a full handstand with both legs straight up.
- Ensure that your spine is straight and your belly is tucked in.
- Rest in Child's Pose when you're done.



Handstand Prep



Handstand Prep (Bunny Hops)

Instructions

- From Downward-Facing Dog Pose, inch your feet toward your hands.
- Align your shoulders over your wrists.
- Look down in front of you and keep your fingers spread out.
- If you are steady and strong in your arms, start to take bunny hops with one leg at a time.
- Rest in Child's Pose when you're done.



Hare Pose



Hare Pose

Instructions

- Come to sitting on your heels in Hero Pose.
- Slowly place your forehead on the ground in front of you.
- Take your hands back alongside your body.
- Then lift your buttocks, being careful to not put too much pressure on your head or neck.



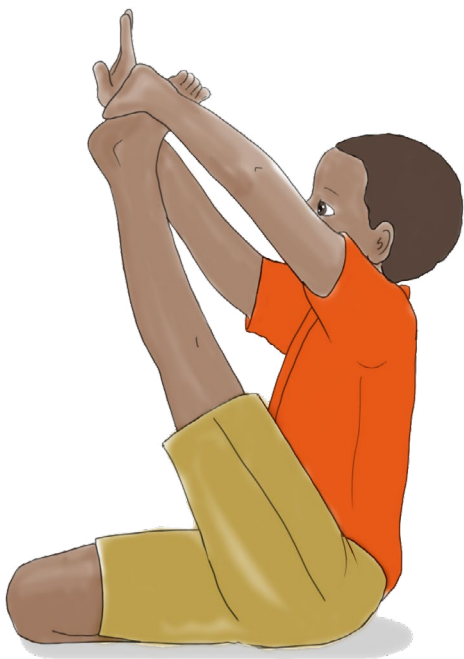
Head-to-Knee Forward Bend

Head-to-Knee Forward Bend



Instructions

- Sit in an “L” position with your legs out in front of you and your feet flexed.
- Bend your left knee and place your left foot on the inside of your right thigh.
- Exhale and bend forward over your right knee.
- Keep a straight spine, and reach for your right foot.
- Hold the pose for a few breaths.
- Bring your torso back up straight and extend your left leg.
- Switch sides and repeat the steps.



Heron Pose



Heron Pose

Instructions

- Sit with your legs straight out in front of you and a tall straight spine.
- Bend your right knee and tuck your foot in under your right thigh.
- Bend your left knee.
- Cup your hands around your left foot (or calf) and reach it straight up in front of you.
- Keep your spine straight and try reaching your leg toward your forehead.
- Switch sides and repeat the steps.



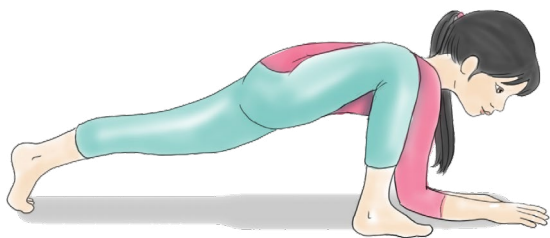
Humble Warrior Pose



Humble Warrior Pose

Instructions

- From standing, step back to a lunge position.
- Drop your back heel and turn your foot so that it is facing slightly outward.
- Interlace your fingers at your lower back and open your chest.
- Exhale and fold forward so that your left shoulder is reaching inside your left knee.
- Switch sides and repeat the steps.



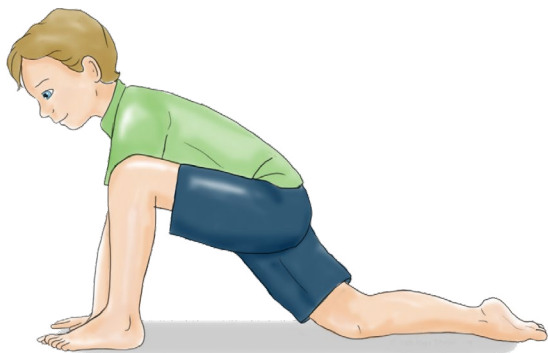
Lizard Pose

Lizard Pose



Instructions

- From Downward-Facing Dog Pose, shift forward to bring your shoulders over your wrists.
- Gently place your right foot on the outside of your right hand, with your right foot facing forward.
- Stay in this deep lunge for a moment.
- If you're able, drop your elbows to the ground for a deeper stretch.
- Reverse the steps to come out of the pose.
- Switch sides and repeat the steps.



Low Lunge



Low Lunge

Instructions

- Come to an all-fours position.
- Step your left foot forward, placing it to the outside of your left hand.
- Gently shift forward to a low lunge.
- Switch sides and repeat the steps.



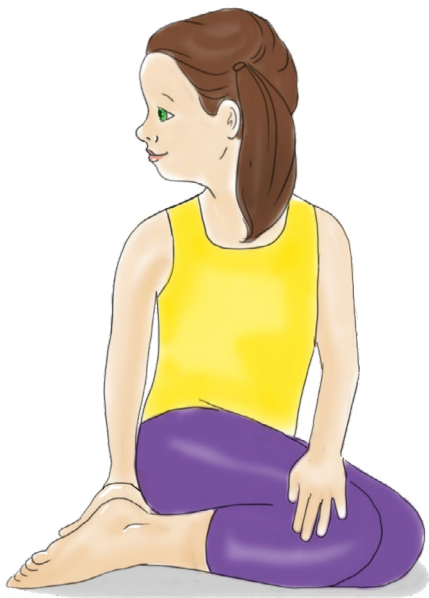
Lying Twist



Lying Twist

Instructions

- Lie flat on your back.
- Bend your legs and bring your knees together.
- Take your arms out parallel to the sides.
- Drop your knees over to the left and turn your head to look out to the right.
- You could take your left hand on top of your bent legs.
- Come back to center and repeat on the other side.



Mermaid Pose



Mermaid Pose

(Sage Twist Pose)

Instructions

- Come to sitting on your heels in Hero Pose.
- Lean forward and shift your feet out to the right.
- Sit your buttocks on the ground, while your feet are nestled next to your right buttock.
- Twist your upper body to the right.
- Place your right hand behind you and rest your left hand on your right knee.
- Come back to center and repeat on the other side.



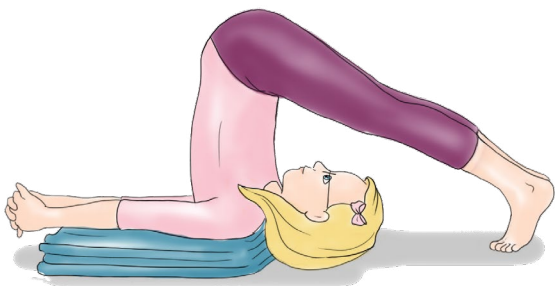
Monkey Pose



Monkey Pose

Instructions

- Come to an all-fours position.
- Bring your right ankle between your hands and out in front of your body.
- Slowly slide your right ankle out as far as feels comfortable.
- Then gently slide your left foot backward.
- Keep your hands on the ground on either side of your body.
- Work toward a split position but go only as far as feels comfortable for your body.



Plow Pose



Plow Pose

Instructions

- Lie flat on your back, placing your arms down alongside of your body with your palms flat.
- Use your core muscles to lift your legs and hips over your head.
- Your upper body should be perpendicular to the ground, with your hips over your shoulders.
- Your legs are still straight, and your toes will land on the ground above your head.
- Clasp your hands together and keep your arms straight.
- Lift up onto your shoulders, so you're not crunching your neck.
- Hold here for a few breaths then slowly come out of the pose.



Puppy Pose

Puppy Pose



Instructions

- From all-fours, slide your hands out in front of you while lowering your chest toward the ground.
- Keep your arms straight and raise your elbows off the ground.
- Rest your forehead between your extended arms, letting your spine curve naturally.



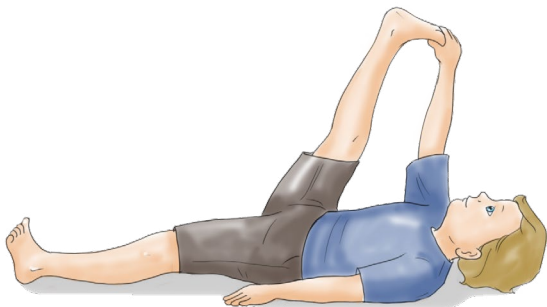
Reclining Bound Angle Pose



Reclining Bound Angle Pose

Instructions

- Lying on your back, bend your knees out to the sides and bring the soles of your feet together.
- Take your arms out to rest at your sides.
- Let your whole body melt into the ground and take a few deep breaths.



Reclining Hand-to-Big-Toe Pose



Reclining Hand-to-Big-Toe Pose

Instructions

- Lie flat on your back with your legs straight.
- Hug your right knee into your chest.
- Flex your left foot and interlace your hands behind your right thigh.
- Straighten your right leg, pointing your heel to the sky.
- Switch sides and repeat the steps.



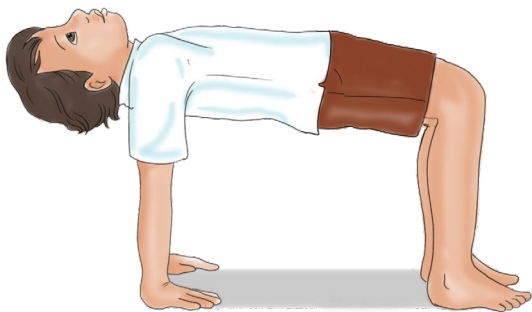
Reverse Plank Pose



Reverse Plank Pose

Instructions

- Sit with your palms flat on the ground behind you, keeping your legs straight out in front of you.
- Lift your buttocks to create an upside-down plank.



Reverse Table Top Pose



Reverse Table Top Pose

Instructions

- Sit with your palms flat on the ground behind you.
- The soles of your feet are flat in front of you.
- Lift your buttocks to create a table.



Reverse Triangle Pose



Reverse Triangle Pose

Instructions

- From standing position, step your left foot back, pointing your toes slightly outward.
- Raise your arms out to your sides, parallel to the ground.
- Bring your left arm forward and your right hand backward.
- Tilt your torso forward, reaching your left arm far forward.
- Drop your left hand to your calf or to the ground on the outside of your right foot.
- Open your chest and take your right hand up to the sky.
- Keep your hips straight and focus on twisting from your upper back.
- Switch sides and repeat the steps.



Reverse Warrior Pose

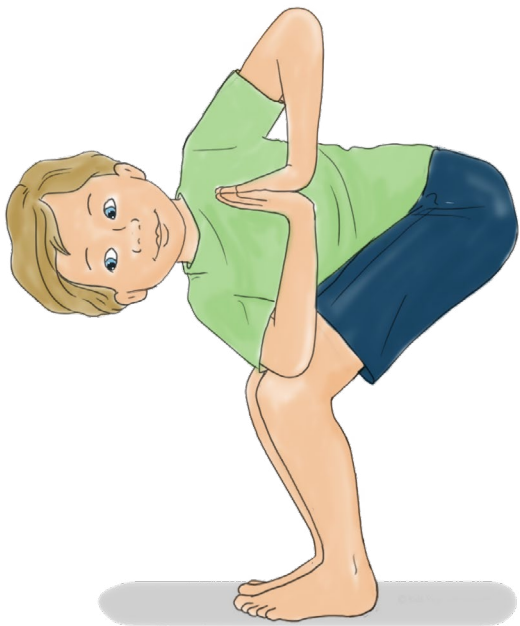


Reverse Warrior Pose

(Peaceful Warrior Pose)

Instructions

- From standing position, step your left foot back, angling your toes slightly outward.
- Raise your arms parallel to the ground, bringing your right hand forward and your left to the back.
- Bend your front knee and look forward.
- Flip your right palm up to the sky, tilt your torso backward, and rest your left hand on your left thigh.
- Look up at your extended hand, open your chest, and keep your spine long and straight.
- Come back to center and repeat on the other side.



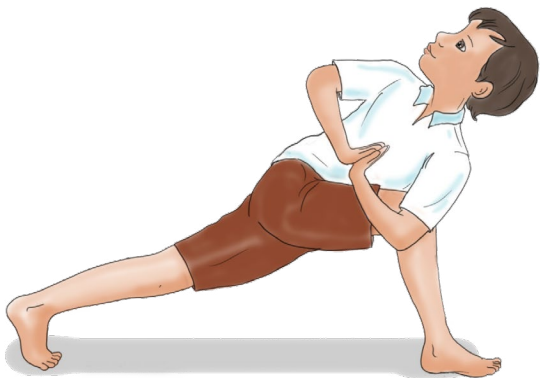
Revolved Chair Pose



Revolved Chair Pose

Instructions

- From Chair Pose, bring your palms together in front of your heart.
- Exhale, turn to the right, and hook your left elbow outside your right thigh.
- Come back to center and repeat on the other side.



Revolved Side Angle Pose



Revolved Side Angle Pose

Instructions

- From Downward-Facing Dog Pose, step your right foot to the inside of your right hand.
- Come to a lunge position, with an open chest and your flat palms on the ground (or on blocks).
- Bring your torso upright and bring your palms in front of your heart.
- Then twist your upper body to the right.
- Hook your left elbow on the outside of your right thigh.
- Keep your palms together, look up, and open your chest to the twist.
- Come out of the pose gently, switch sides, and repeat the steps.



Scale Pose



Scale Pose

Instructions

- Come to sitting comfortably cross-legged or in Lotus Pose.
- Place your palms flat on the ground outside your thighs.
- Lean forward slightly, press into your hands, and lift your buttocks and legs off the ground.
- Hold for a few breaths then slowly lower to the ground.



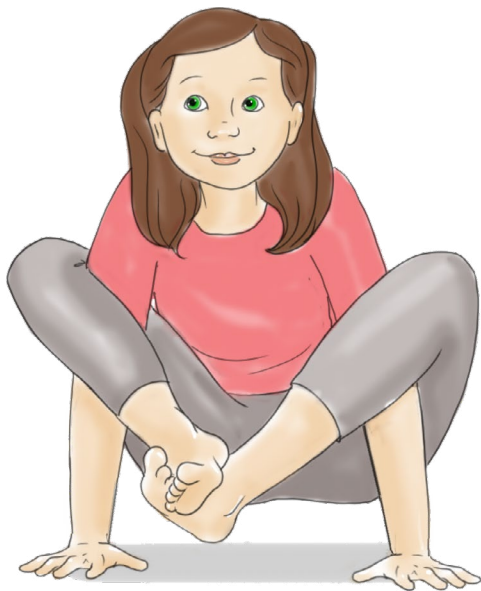
Seated Side Bend



Seated Side Bend

Instructions

- Come to sitting comfortably cross-legged.
- Place your right hand flat on the ground straight out to the side.
- Then reach your left hand over your head, tilting your upper body to the right.
- Keep your buttocks on the ground.
- Feel the gentle stretch in your left side.
- Come back to center and repeat on the other side.



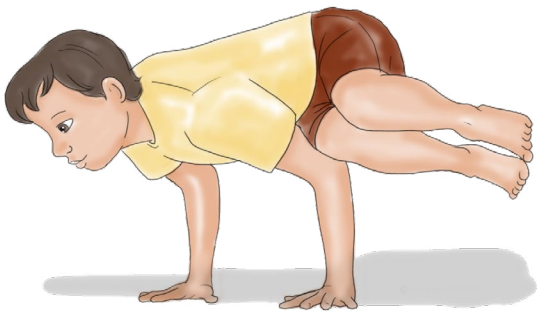
Shoulder-Pressing Pose



Shoulder-Pressing Pose

Instructions

- Come to a squat position with your knees out wide.
- Place your flat palms (facing forward) on the ground between your legs.
- Reach your right hand back under your right foot.
- Tuck your right shoulder under your right calf.
- Then do the same with your left hand under your left foot.
- Tuck your left shoulder under your left calf.
- Bend your arms, drop your hips, and walk your toes out in front of you.
- Cross your toes over each other.
- Lean slightly forward and press into your hands.
- Come to a balance to hover above the ground.



Side Crow Pose



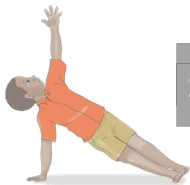
Side Crow Pose

Instructions

- From Revolved Chair Pose on the right side, come down to a squat position.
- Place both palms flat on the ground.
- Keep your right outer thigh on your left arm.
- Place the top of your right thigh on your bent upper right arm.
- Tilt forward, looking up, and try to lift your toes off the ground in a side balance.
- Switch sides and repeat the steps.



Side Plank Pose



Side Plank Pose

Instructions

- From a plank position, step your feet together and place your right palm in the center of the mat.
- Roll onto your right foot and extend your left arm straight up to the sky.
- Keep your body line straight, feet flexed, chest open, and shoulders aligned one over another.
- Come back to center and repeat on the other side.



Sphinx Pose



Sphinx Pose

Instructions

- Lie on your belly with your parallel legs straight out behind you.
- Place your elbows on the ground just in front of your shoulders.
- Your forearms are parallel and your palms are flat.
- Inhale, open your chest, look forward, and squeeze your shoulder to feel a baby backbend.



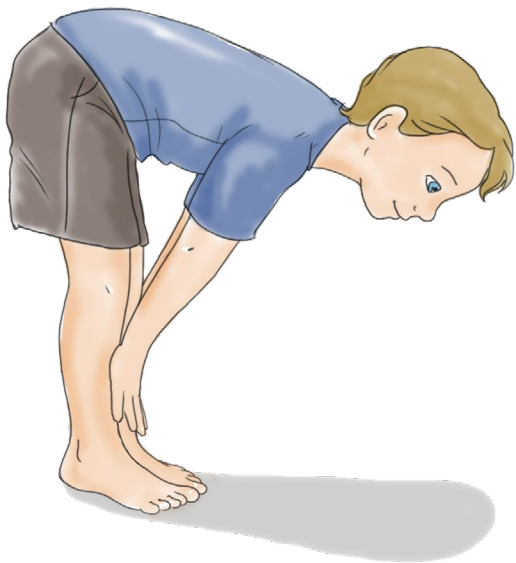
Standing Chest Stretch



Standing Chest Stretch

Instructions

- Stand tall in Mountain Pose with your big toes touching and your ankles slightly apart.
- Open your chest and clasp your hands behind you.
- Roll your shoulders back and gently press your clasped hands slightly away from your buttocks, creating a stretch through your chest and arms.
- Hold for a few breaths then relax your arms alongside your body.



Standing Half Forward Bend



Standing Half Forward Bend

Instructions

- Stand tall with your big toes touching and your ankles slightly apart.
- On an exhale, bend your upper body and drop your hands down to your toes.
- Hang your head, relax your shoulders, and reach for your toes.
- On an inhale, come up to a flat back and gently rest your palms on your calves.
- Look slightly forward in front of your feet and ensure your spine is straight.
- Hold this pose for a few breaths then release your hands back to your toes.



Standing Split



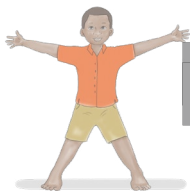
Standing Split

Instructions

- Stand tall then bend your upper body and place your fingers on the ground.
- Inhale and shift your weight to the right foot and lift your left leg out behind you.
- Switch sides and repeat the steps.



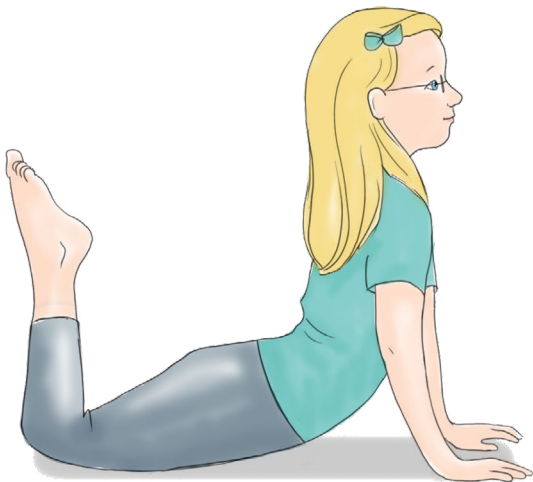
Star Pose



Star Pose

Instructions

- From a standing position, step your feet out wide.
- Lift both arms out to your sides and above your head, with your fingers spread out.



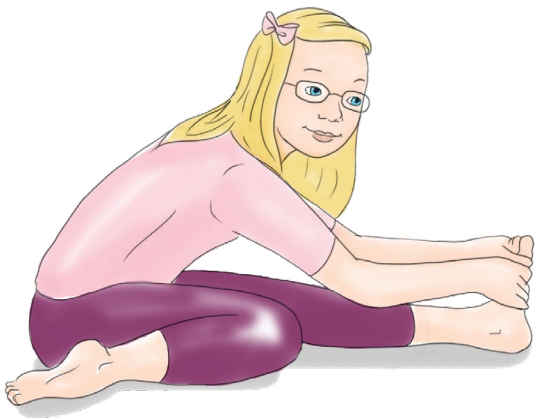
Swan Pose



Swan Pose

Instructions

- Lie on your belly.
- Place the palms of your hands next to your shoulders and look up.
- Then straighten your arms and expand your chest.
- Bend your knees and bring your feet up toward your head.
- Gently take your head back toward your feet.
- Hold for a few breaths and then rest flat on your belly.



Three-Limbed Forward Bend



Three-Limbed Forward Bend

Instructions

- Sit tall on your buttocks with your straight legs out in front of you.
- Carefully bend your right leg and tuck your right foot to the outside of your right buttock.
- Keep your right knee facing forward.
- Bend at your waist and reach your hands to your toes.
- Keep a straight spine and only bend as far forward as feels comfortable.
- Your hands may land on your calves or wrapped around your toes.
- Hold this pose for a few breaths.
- Come out of the pose, switch sides, and repeat the steps.



Wheel Pose



Wheel Pose

Instructions

- Lie on your back with your knees bent and your feet flat on the ground.
- Rest your arms down alongside your body, with your palms flat on the ground.
- Bring your elbows in toward your waist then raise your elbows, pointing them toward the sky and keeping them parallel. Your palms will stay facing up and out as your elbows come up.
- Place your palms flat on the ground on either side of your head, with your fingers facing toward your feet.
- Tuck your elbows in and don't let them drift apart.
- On an inhale, press your feet into the ground and lift your hips and shoulders.
- Keep your arms and legs parallel.
- Open your chest and breath.
- Straighten your arms and legs as much as possible to create an upside-down "U" shape.
- Hold for a few breaths then come down slowly to lie on your back.



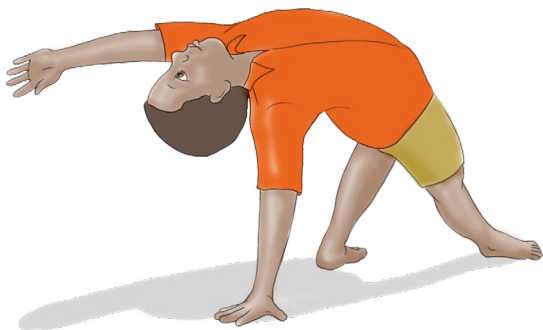
Wide-Legged Seated Forward Bend

Wide-Legged Seated Forward Bend



Instructions

- From a sitting “L” position, take your straight legs out wide, and flex your feet.
- Slowly bend your upper body, keeping a straight spine.
- Place your hands on the ground in front of you, between your legs.



Wild Thing



Wild Thing

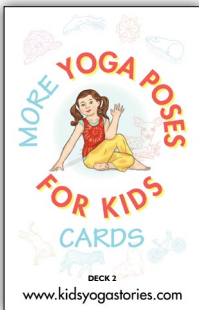
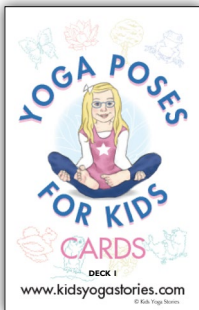
Instructions

- Start in Downward-Facing Dog Pose.
- Shift forward to a plank position with your shoulders over your wrists.
- Rotate into a side plank position by stacking your left shoulder over your left wrist and lifting your right hand to the ceiling.
- Lift your right foot at the same time as you are shifting into side plank.
- Bend your right leg and take your right foot back behind you.
- Carefully place the ball of your right foot under your right hip.
- Keep your chest open, press firmly into your left hand, and ensure your hips are up high.
- Take your right hand to reach up overhead.
- Hold for a few breaths then reverse the steps to come out of the pose.
- Switch sides and repeat the steps.



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