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What is Yoga Poses

Discover the Fun of Yoga Poses for Kids!

DEFINITION

> Yoga poses are specific body positions that help improve strength, flexibility, and focus. They are fun and can be practiced by kids of all ages.

KEY CONCEPTS

Balance

Many yoga poses require balancing on one foot or hand, which helps improve coordination.

Breathing

Each pose is often paired with deep breathing, promoting relaxation and mindfulness.

Flexibility

Yoga poses stretch the muscles, making the body more flexible and reducing the risk of injury.

Strength

Holding poses builds muscle strength, especially in the core and legs.

Focus

Practicing yoga helps kids learn to concentrate and calm their minds.

EXAMPLES

→ Tree Pose: Stand on one leg and place the other foot on the inner thigh.

→ Downward Dog: Bend forward, placing hands on the ground and lifting hips up.

→ Cobra Pose: Lie on your stomach and lift your chest with your arms.

MEMORY TIPS

★ Think of a tree when doing Tree Pose to remember to balance.

★ Imagine a dog stretching when practicing Downward Dog.

★ Visualize a snake when in Cobra Pose to remember the shape.

COMMON MISTAKES

✗ Forgetting to breathe deeply during poses.

✗ Not aligning the body properly, which can lead to strain.

✗ Rushing through poses instead of holding them.

QUICK RECAP

Yoga poses are fun movements that improve strength, flexibility, and focus. Remember to breathe and hold each pose correctly to get the most benefit.