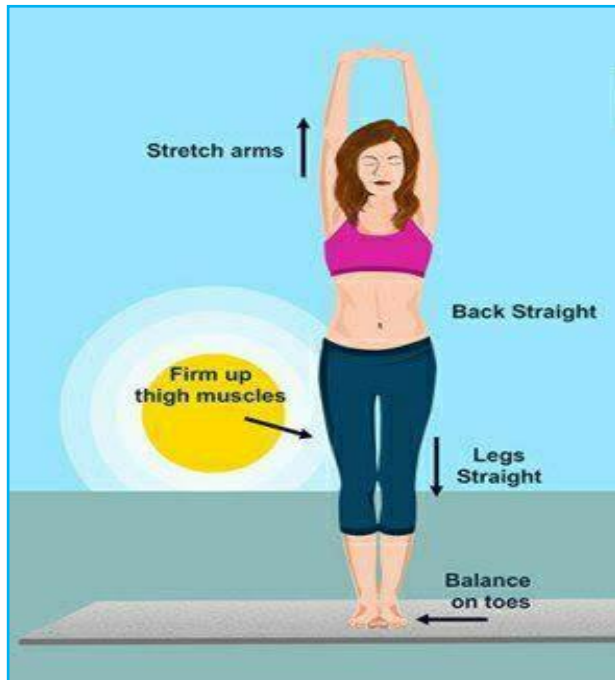


YOGA FOR KIDS

Health is a state of complete harmony of the body, mind and spirit.

STANDING POSE (NAME - TADASANA) – TECHNIQUE



STEP 1 - Stand straight with your arms at the side of your body.

STEP 2 - Inhale deeply and slowly raise your arms upwards then interlock your fingers.

STEP 3 - Raise your heels and stand on your toes. Look up.

STEP 4 - Place your body weight on your toes and stretch out your shoulders, arms and chest up.

STEP 5 - Hold this pose for a few seconds.

STEP 6 - Now while exhaling, slowly bring down your hands to the starting position.

BEGINNER'S TIP

If you feel difficulty to maintain the pose on toes then perform this asana without standing on the toes and gradually try to maintain this pose on toes. There are many variations of the Tadasana, so, you can choose the variation according to your comfort level.

Benefits

- One of the best yoga poses to increase height.
- Strengthens the nervous system.
- It helps to reduce flat feet
- Boosts the functioning of your digestive and respiratory systems.
- It gives a good stretch to the arms, chest, abdomen, spine and the legs.
- Improves body posture and balance.
- Reduces dullness and depression.
- Harmonizes the body and mind.

For your reference:

<https://www.youtube.com/watch?v=9eNMoDT2l-k&feature=youtu.be>.

<https://www.youtube.com/watch?v=t4EFxQDhA8A&feature=youtu.be>

https://www.youtube.com/watch?v=jcmeH-x5g_I&feature=youtu.be.

NAME - GOMUKHASANA [COW FACE POSE] – TECHNIQUE



STEP 1 - Sit erect on the mat with your legs stretched out in front of you.

STEP 2 - Now bend your left leg gently and place it under your right hip.

STEP 3 - Then gently bend your right leg and cross it over your left leg. Your knees should be placed close and on top of each other.

STEP 4 - Keep your head and back straight while practicing it.

STEP 5 - Now bend your left hand and slowly place it behind your back from downwards.

STEP 6 - Then bend your right hand and place it behind your back from upwards [over your right shoulder].

STEP 7 - Now stretch your right hand downwards until it reaches your left hand. This might not be easy for people who are not flexible but you will learn to do it gradually.

STEP 8 - Hold this pose for as long as you are comfortable, as you breathe slowly and deeply. Concentrate on your breathing.

STEP 9 - Release your hands, and unfold and straighten your legs to come back to the starting position. Repeat it by changing the position of arms and legs.

BENEFITS

- Stretches the hips, thighs, ankles, chest and shoulders.
- Helps those who are suffering from diabetes.
- Relieves stiff shoulders and helps to reduce backpain.
- Reduces stress and anxiety.

For your reference:

<https://www.youtube.com/watch?v=uUR5yeCDM2U&feature=youtu.be>

https://www.youtube.com/watch?v=d_dh_DwDr84&feature=youtu.be

NOTE

- Repeat the asanas and pranayama given earlier along with the new ones.
- All the asanas and breathing exercises should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before attempting these asanas and pranayama.
- Do not strain your body and avoid pushing yourself beyond your abilities while performing the asanas.