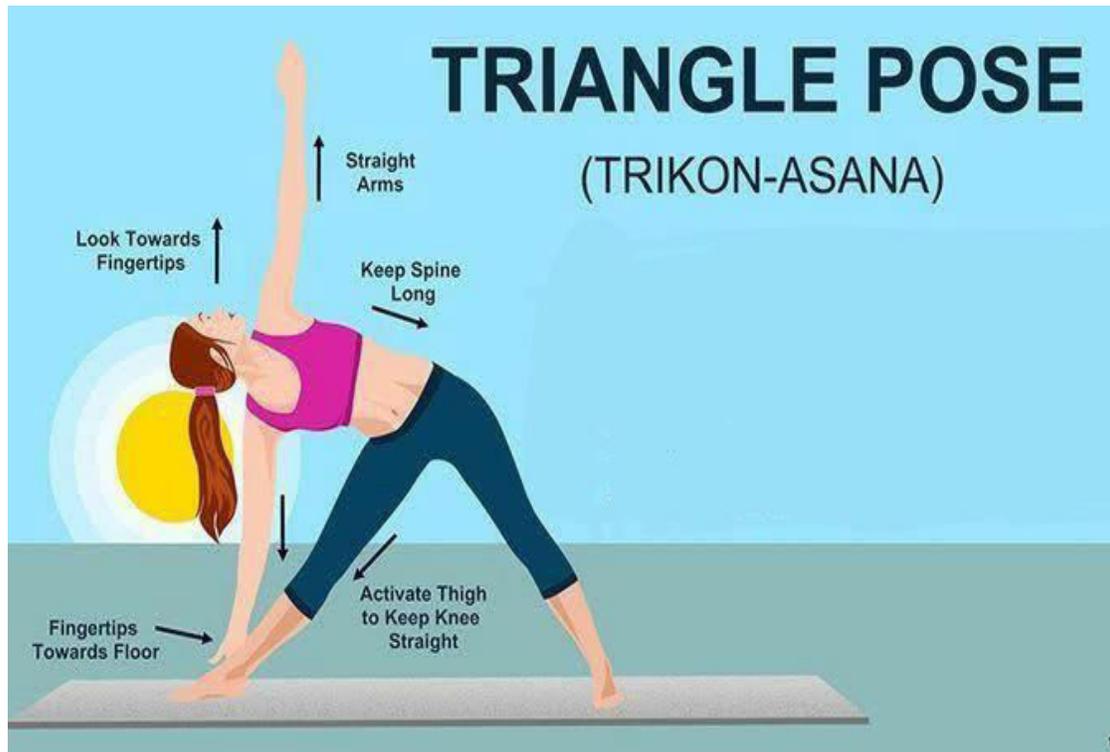


YOGA FOR KIDS

Yoga is a gentle way to improve your posture, balance and coordination.

NAME - TRIKONASANA [TRIANGLE POSE] TECHNIQUE



STEP 1 - Stand straight with your feet apart.

STEP 2 - Move your right foot completely to the outside direction. Turn left foot slightly to the inward direction.

STEP 3 - Inhale and spread the arms towards the sides, parallel to the ground, palms facing downwards.

STEP 4 - Now bend at right side while exhaling and lift the left hand up and move the right hand to touch the ground or you can hold your ankle. Make sure that both the arms form a straight line.

STEP 5 - Keep your eyes facing towards the left palm and do not bend forward or backward.

STEP 6 - After 2 - 3 breaths or whenever you feel like coming back to the initial pose, keep the back straight, bring your arms back to the side and straighten your feet.

STEP 7 - Repeat the asana for the other side as well.

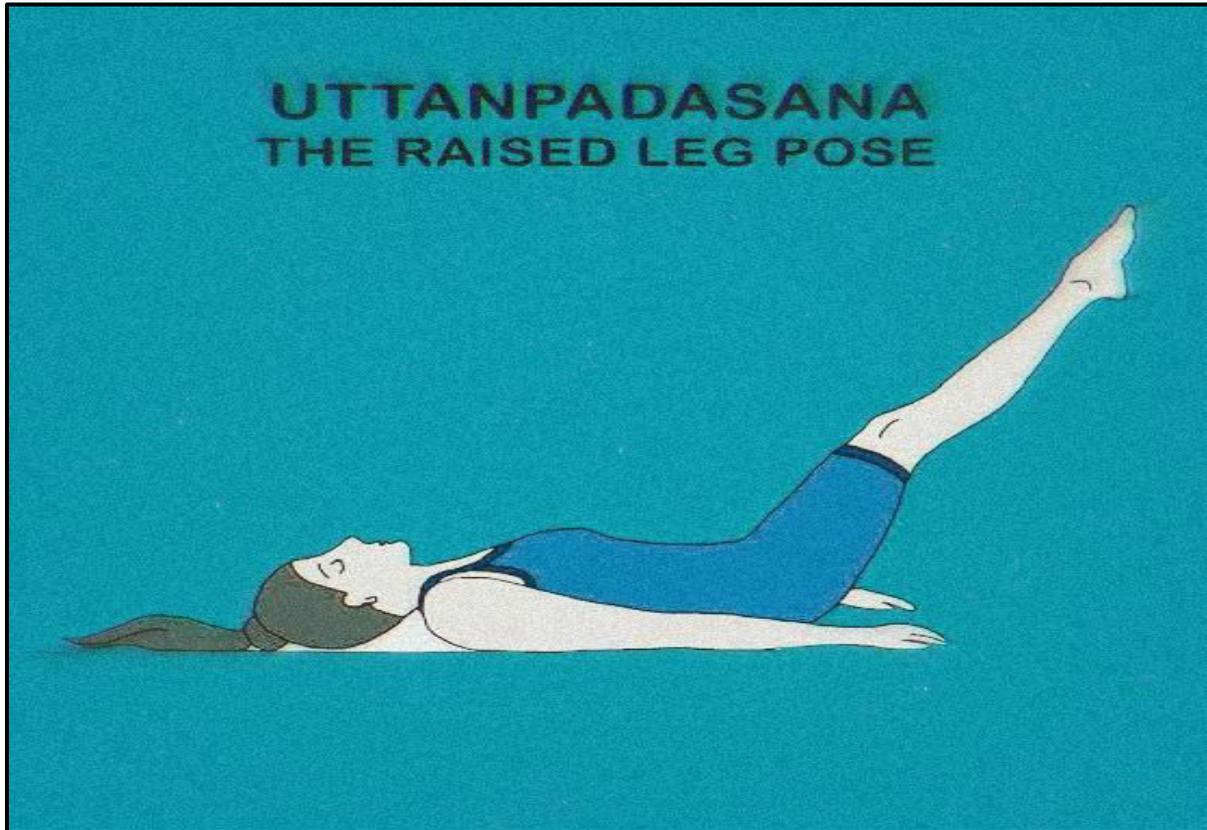
BENEFITS

- It strengthens and stretches the knees, ankles, legs, chest and arms.
- It increases both physical and mental stability.
- It helps to reduce back pain.
- It reduces stress and anxiety.
- Improves digestion.
- Helps to reduce fat from the waist and thighs.

For your reference: <https://www.youtube.com/watch?v=hxplnz9luAA&feature=youtu.be>

NAME - UTTANPADASANA [THE RAISED LEG POSE]

TECHNIQUE



Step 1 - Lie flat on your back and breathe normally.

Step 2 - Place your hands on either side or palms should be facing down.

Step 3 - Inhale slowly and lift the legs at 30 - 60 degree from the ground. Do not bend the knees while raising the legs.

Step 4 - Hold the posture for sometime [10 - 15 seconds] when strain is felt in the abdomen, lower the legs and relax

Step 5 - Repeat this for about 2 - 3 times

Note:

If the abdominal muscles starts to jerk, release the pose and come back to the flat position, the relaxation pose. Never strain beyond your capacity.

Benefits

- Prevents acidity, indigestion, gastric problems and constipation.
- Improves the function of reproductive organs.
- It strengthens the lower back muscles, helping to get relief from lower back pain.
- It is also good for diabetes patients.
- Good for increasing blood circulation around the body.
- Strengthens the abdominal organs.
- Strengthens the hip and thigh muscles.

For your reference:

<https://www.youtube.com/watch?v=R5BHPsRSLjM&feature=youtu.be>.

<https://www.youtube.com/watch?v=eMAzxTsfK90&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.