

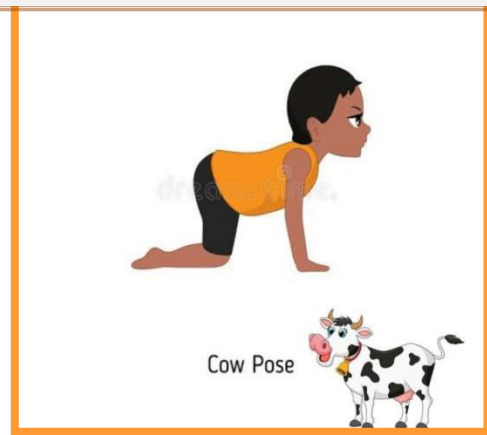
# Yoga for kids

Daily practice of yoga increases strength, flexibility and sense of awareness. There are some yoga poses influenced by animals. As a benefit it makes it easy to motivate kids into practicing asanas which have animal names.

## MARJARYASANA [CAT POSE]



## BITILASANA [COW POSE]



### TECHNIQUE

**Step 1** Start by kneeling on your hands and knees. Make sure your hands are below your shoulders, and your knees are below your hips.

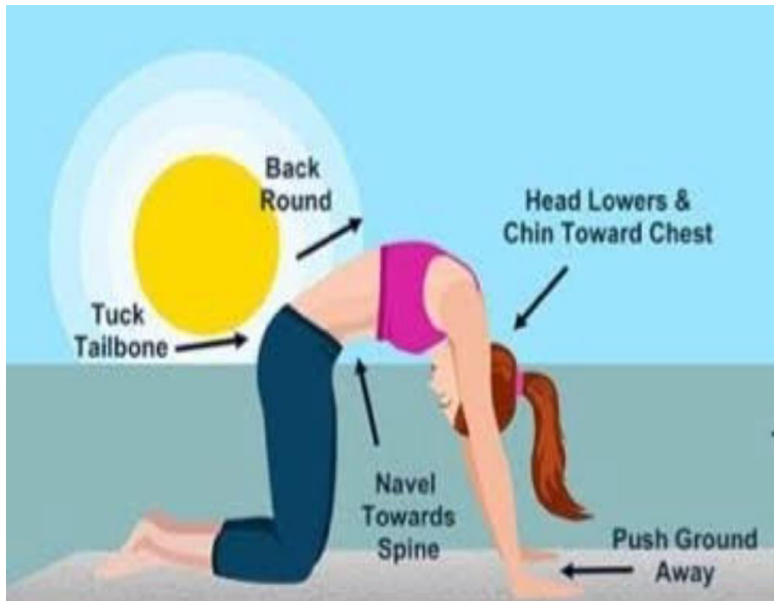
### Cow pose



### Step 2:

Move into a cow pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up towards the ceiling.

## Cat pose



**STEP 3** - Cat pose: As you exhale, draw your belly to your spine and round your back toward the ceiling, and look at your belly.

**STEP 4** - Inhale, coming back into cow pose, and then exhale as you return to cat pose. Repeat 5 times.

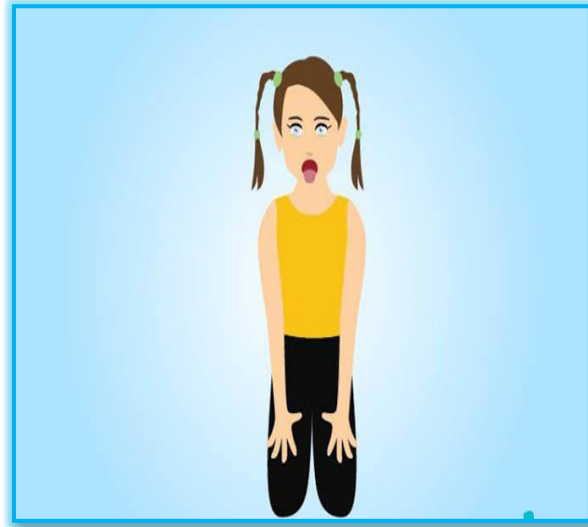
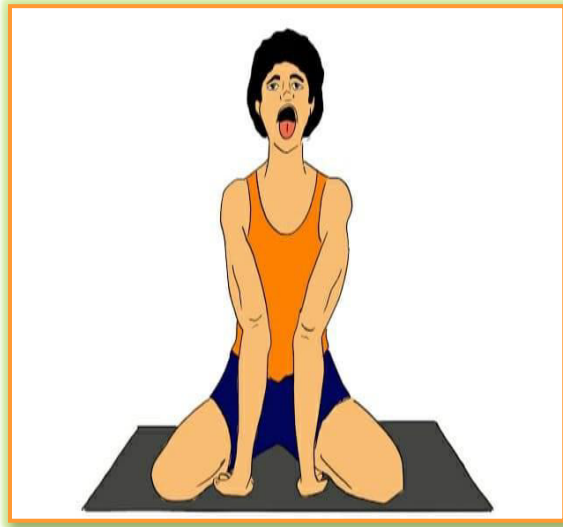
### **BENEFITS**

- Improves the flexibility of the spine.
- Relieves tensions around the neck, back and shoulders.
- Strengthens the arms and the wrist.
- Improves digestion.
- Reduces stress, insomnia and encourages good sleep.
- Strengthens the abdominal organs.

For your reference: <https://www.youtube.com/watch?v=kqnua4rHVVA&feature=youtu.be>

## NAME: SIMHASANA [LION POSE]

### TECHNIQUES



**STEP 1** - Sit in the kneeling position or vajrasana and spread your knees.

**STEP 2** - Keep your spine straight and relax your body.

**STEP 3** - The fingers of your hands should face backwards and be kept straight in between your legs [in another version you can keep your hands, palms open on your knees]

**STEP 4** - Now inhale and take out your tongue. Try to look up or between in the eyebrows and exhale.

**STEP 5** - During exhaling roar like a lion. [ROARING SOUND HAA]. After roaring relax for 20 to 30 seconds. Repeat this process about 4 to 5 times.

**STEP 6** - After doing simhasana while taking the saliva inside the mouth, massage the throat lightly.

### BENEFITS

- Strengthens the fingers and hands.
- Exercises the face and neck muscles and keeps the skin tight.
- Improves respiration.
- Useful for tonsils, thyroid and other problems related to throat,
- Clears the vocal chords.
- Beneficial for those who stutter.
- Useful for those having halitosis [bad breath].
- Reduces stress and frustration.

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

### Note

- 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 breathing exercises.