



90+ Fun Yoga Poses for Children of All Ages

The Perfect Companion to Get Down Yoga's
Elementary School Curriculum:
Reading, Writing, Relaxation

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ARROW

STANDING HAND-TO-TOE

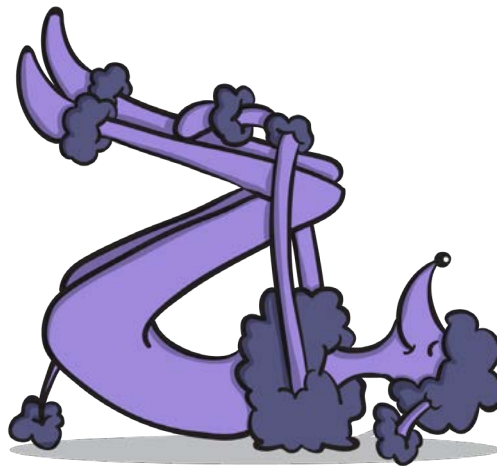


Standing on the mat, bring left foot toward your belly. Reach left hand across body, and grab outside of left foot. Bend right leg, slightly, to aid with balance. Focus on steady breathing, while gently raising and straightening left leg in front of body. Balance. For a challenge, try swinging leg over to the side.

BALL I AND II



- (I) From a seated position, pull knees into chest. Balance.



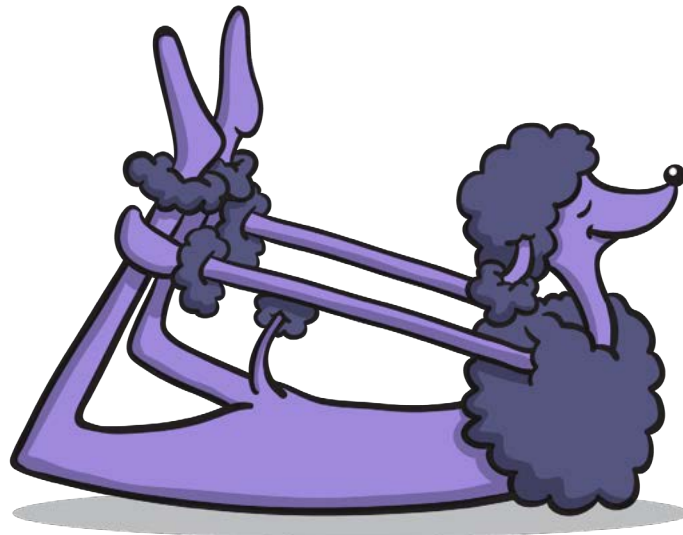
- (II) Hugging knees, roll back onto mat, and roll back up to a balanced position.

BOAT



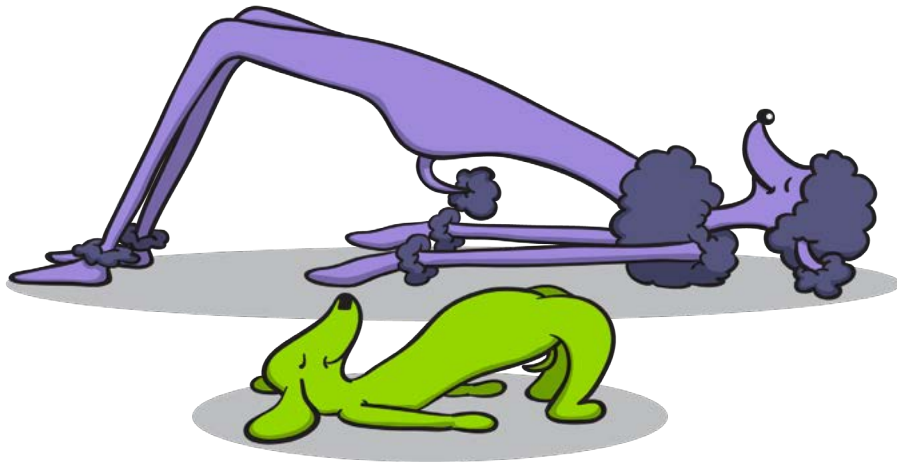
Sit on mat, with feet flat on the floor, knees close to chest. Keeping the spine straight, lean back slightly, lifting feet up toward the sky. Engage abdomen and balance. *Can you sing, "Row, Row, Row Your Boat?"*

BOW



Lie belly-down on the mat. On an exhale, bend knees and reach back to grab ankles. Inhaling, raise chest, head, and thighs. Breathe.

BRIDGE



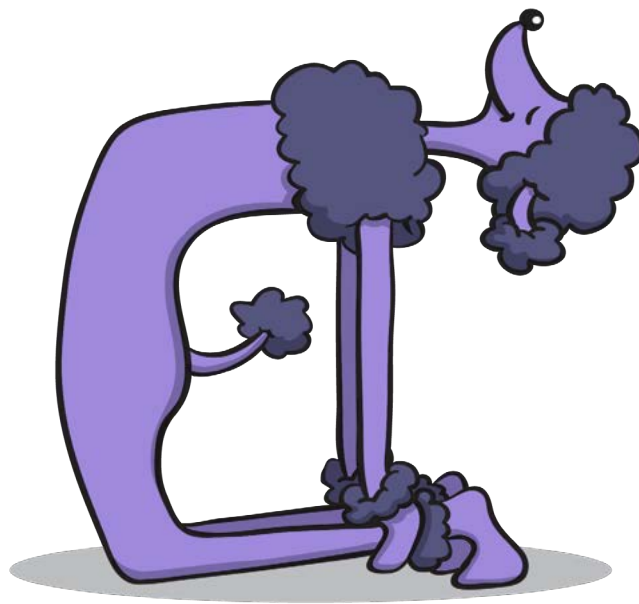
Lie on back, with knees bent and feet flat on mat. Inhaling, press feet into floor, while lifting up hips and chest. Press arms and shoulders into floor. Breathe.

BUTTERFLY



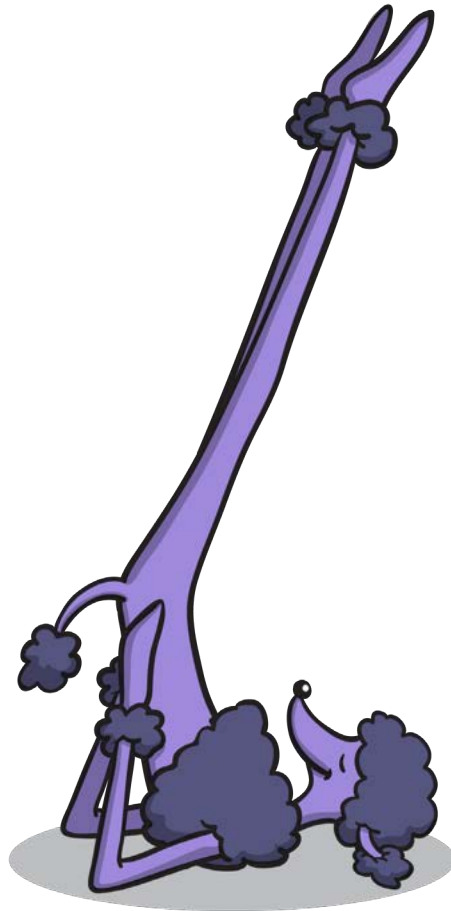
Sit on mat, legs spread in a V position. Bend knees and bring feet toward pelvis, putting soles of feet together. Place hands on feet. From here, raise knees up and down (flapping butterfly wings), or lean forward with a flat back over feet, stretching.

CAMEL



Kneel on mat, knees hip-width apart. Place hands on lower back, while gently leaning back. Press shins and tops of feet (or curl toes under) into the mat. If comfortable, reach one hand down to grip sole of foot (or ankle), then repeat on the other side. Relax muscles in thighs, and release neck.

CANDLE



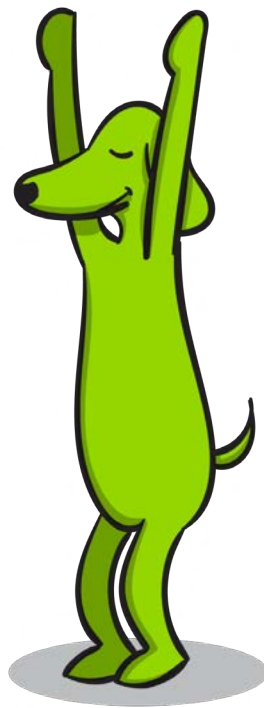
Lie on back. If you have shoulder or neck issues, lie with shoulders and arms on folded blanket, head resting on mat. With hands pressing into the mat at your sides, raise legs toward sky. When ready, allow feet to continue toward the floor above your head, coming into Plow Pose. Next, bend knees (they'll be close to your face), and bend elbows placing hands on lower back for support. Finally, raise feet toward sky (one at a time, or together) and balance. To release, carefully come back into Plow, and slowly lower back to the mat.

CAT / COW



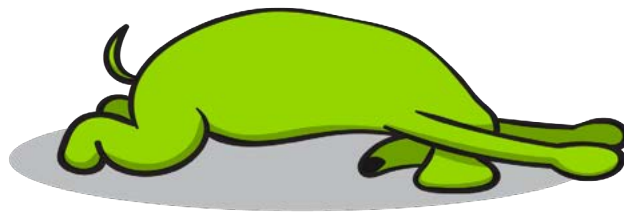
- (I) Start on hands and knees on mat. On exhale, round back (like an angry cat), pushing on mat with hands, and pulling belly button toward spine.
- (II) On inhale, relax belly, dropping it toward floor, arching back (cow).

CHAIR



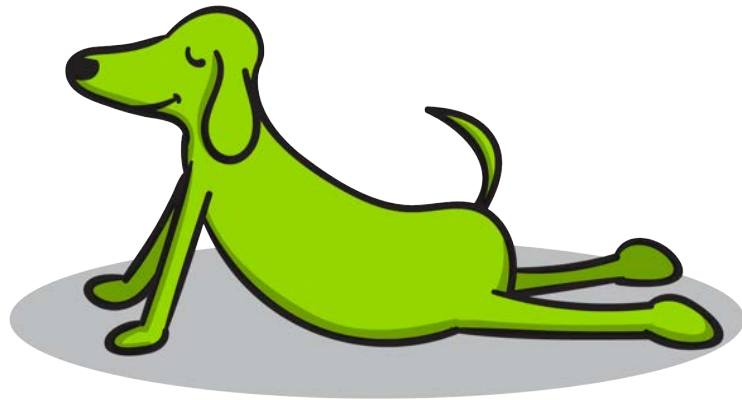
Begin in Mountain Pose, feet spread slightly apart. Inhale, and reach arms toward the sky. Exhale, and bend knees, shifting weight into heels, as if you are about to sit in a chair. Relax shoulders. Possibly bring hands to prayer pose in front heart. Breathe. Inhaling, raise chest, head, and thighs. Breathe.

CHILD'S POSE



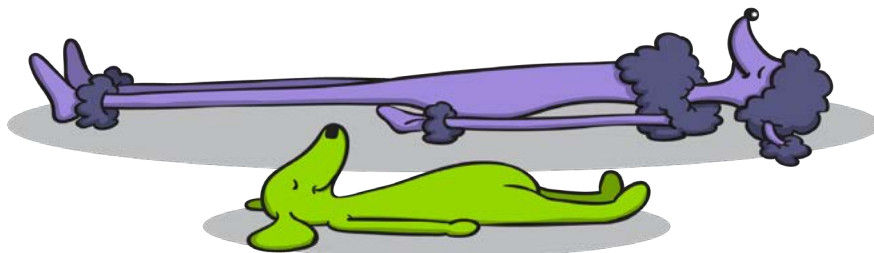
Come to hands and knees on mat. Spread knees apart, slightly (or wider, if more comfortable), touching big toes together. Stretch arms out in front, while coming back to sit on heels. Rest forehead on mat (or blanket or hands if preferred). Breathe and relax.

COBRA



Lie belly-down on mat. Place hands directly under shoulders. Straighten arms, pushing hands into mat. Chest is lifted, face is looking toward sky.

CORPSE_{RESTING}



Lie on back, palms face-up. Close eyes and work to relax all muscles in body, calming the mind. Focus on breathing. If more comfortable, lie with folded blanket under upper thighs and buttocks, creating arch in lower back.

CRAB



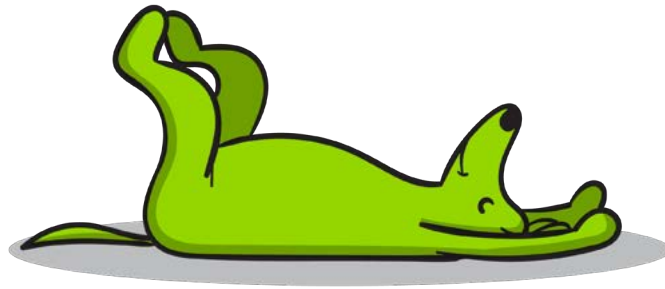
Start in a seated position on the mat. Place hands flat on the floor near hips. Bend knees, placing feet flat on the floor. Pressing down on hands and feet, lift hips up off of mat. Keep fingers pointed in direction of feet.
Can you walk sideways, like a crab?

CRESCENT MOON



Stand in Mountain pose, with feet hip-width apart. Inhaling, raise arms above head, joining palms together. Relaxing the shoulders, arch body to the side, stretching through ribs. Hold for a couple of breaths. Repeat on other side of body.

CRICKET



Lie on back on mat. Bring knees into chest, and touch soles of feet together. Stretch arms above head.

Chirp like a cricket!

CROW



- (I) Squat on mat, with hands flat on mat, shoulder-width apart. Knees bent, lift hips toward sky. Come up to balls of feet, while pressing knees into backs of upper arms.
- (II) Gently shift weight of body into fingers, while lifting one foot off the mat, and then the other. To help with balance, engage core (abdominal) muscles. *Tricky! This takes practice.*

DANCER



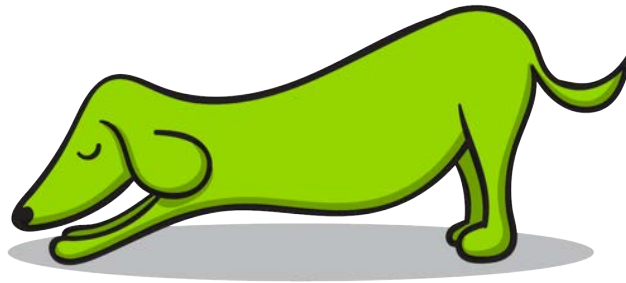
Start in Mountain Pose. Shift weight to left foot, and bend right knee. Reach back with right hand to grab the inside of right foot. Balancing, lean forward, stretching left arm in front of you, raising right leg higher into the air. Repeat with other leg.

DOLPHIN



Begin on hands and knees. Lower down to rest on elbows/forearms. Tuck toes under, lift knees off floor, and raise hips toward sky. Do not lock knees. Work to release tension in shoulders, as you gently press sit bones toward wall behind you. If tight in the legs, slowly “pedal” your feet, bending one knee at a time.

DOWNWARD DOG



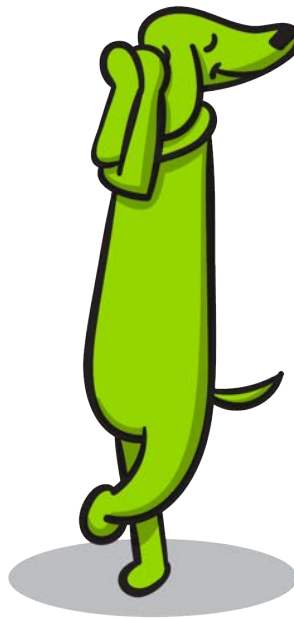
Begin on hands and knees. Stretch fingers wide and push hands firmly into mat. Tuck toes under, lift knees off floor, and raise hips toward sky. Do not lock knees. Work to release tension in shoulders, as you gently press sit bones toward wall behind you. If tight in the legs, slowly “pedal” feet, bending one knee at a time.

DRAGON WARRIOR I



From Mountain pose, step your feet wide on mat. Turn left foot out 90 degrees, and right foot in about 45 degrees. Check to be sure left heel is aligned with right arch. Bend left knee, creating 90 degree angle with leg. Turn pelvis toward left leg, and raise arms above head. Join palms. Repeat on other side.

EAGLE



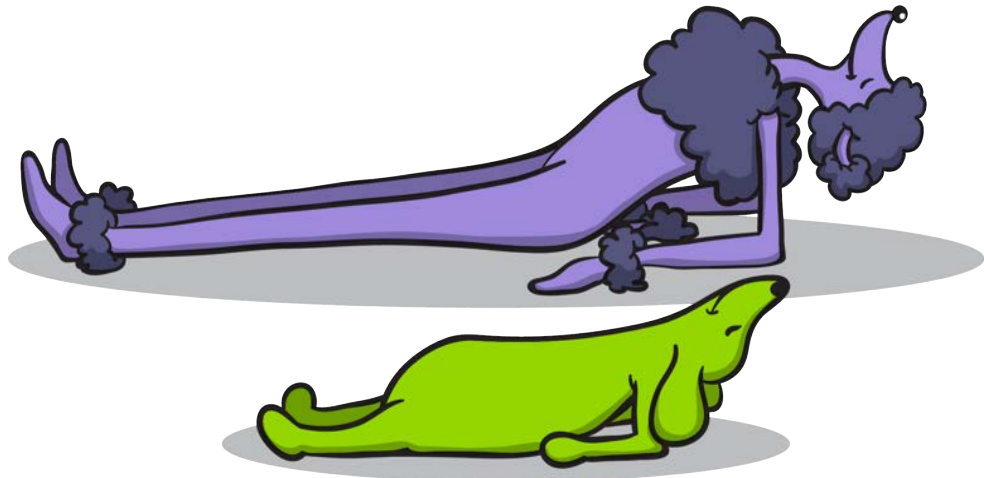
Stand in Mountain pose. Bend knees, and shift weight to right foot. Cross left leg over right, hooking top of left foot behind right calf, if possible. Extend arms out in front of body. Drop left arm under right, bending elbows. Wrap hands, working to press palms together. Gently lift elbows up toward sky for a stretch. Breathe and balance. Repeat with other leg and arm on top.

EASY POSE



Cleverly named, this pose is easy to do.
Sit in a relaxed, cross-legged position, hands resting
on tops of legs.

FISH



Lie on back on mat. Press elbows and forearms into floor, arching back. Tilt head back to touch crown to floor. Thighs, hands, and forearms working; very little weight is resting in head. If new to this pose, seek support of an experienced teacher for the first time, to reduce risk of injury.

FLOWER / TURTLE



From a seated position, bring bottoms of feet together. Come to a balance on your sit bones as you loop hands under each calf. Lift chest and gently squeeze shoulder blades together and breathe.

What is your favorite flower?

FROG



From a standing position, squat on mat, feet wide.
Loop hands behind feet, gripping ankles if you can.
Ribbit!

GATE



From a kneeling position, extend right leg out to the side. Reach to the side with right arm, touching toes, or resting hand on leg. Simultaneously reach to the sky with left arm. Breathe. Repeat with left leg extended.

GIRAFFE



Start standing with legs wide on mat. Rotate one foot 90 degrees, the other, 45 degrees. Aim to align front foot's heel with back foot's arch. Reach forward over front leg, and then release down to touch shin or foot with both hands.

GODDESS



From Mountain pose, step or jump feet out wide. Turn toes out slightly. Keeping spine straight, and hips pushing toward wall behind you, sit into the pose. Open arms out to sides, shoulder-height, bending elbows at 90 degrees. Hold and breathe, or pulse up and down.

GORILLA



- (I) With feet spread wide in a standing position, stretch to side, and release down over right foot. Rest hands on shin or foot or floor.
- (II) Walk hands over to the middle of the mat, working to keep back flat (use a block or blanket under hands if necessary).
- (III) Walk hands over to left foot. Repeat this process, balancing inhalations and exhalations with each movement.

HALF BOW



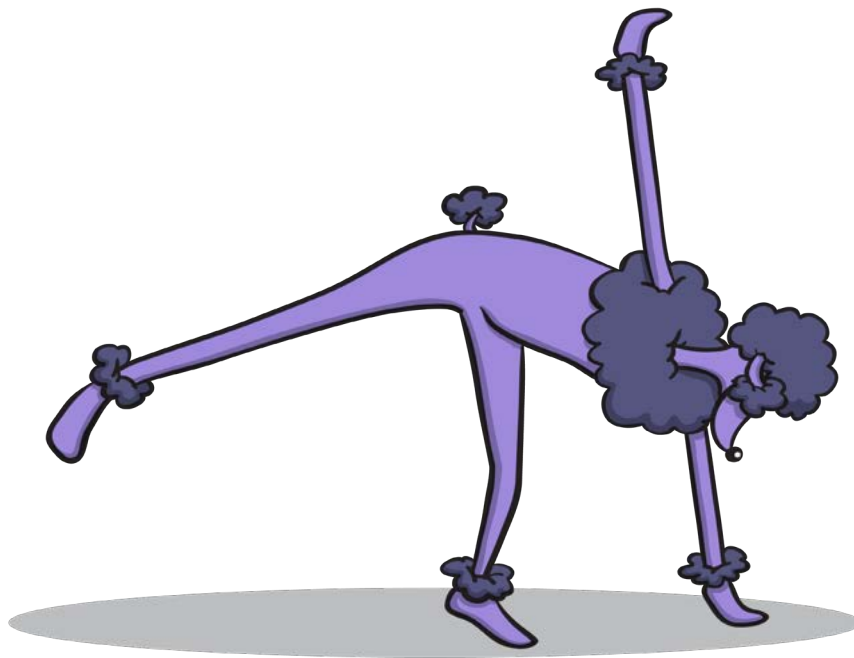
Lie belly-down on mat, stretching arms and legs in opposite directions. Bend right leg, while reaching back to grab the foot or ankle with right hand. Push foot into hand while pulling back against foot, and lift head and chest off mat. Repeat steps with left side.

HALF CAMEL



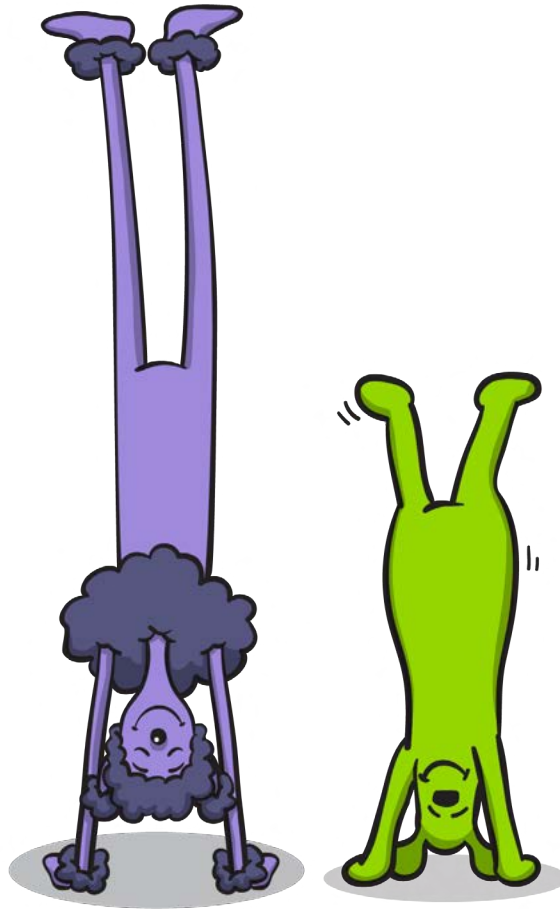
Kneel on mat, knees hip-width apart. Place hands on lower back, while gently leaning back. Press shins and tops of feet (or curl toes under) into the mat. When ready, reach one hand down to grip sole of foot (or ankle), while stretching other hand toward the sky. Relax muscles in thighs and neck. Return hands to back and repeat with other side.

MOON HALF OR FULL



Stand on mat with legs wide. Turn left foot out 90 degrees. Shift weight into left foot, bending knee slightly. Reach forward over left leg, then release down to touch left fingers to floor in front of left foot. Right leg is lifted, parallel to the floor, with fingers on right hand reaching to the sky.
This is a balance pose!

HANDSTAND

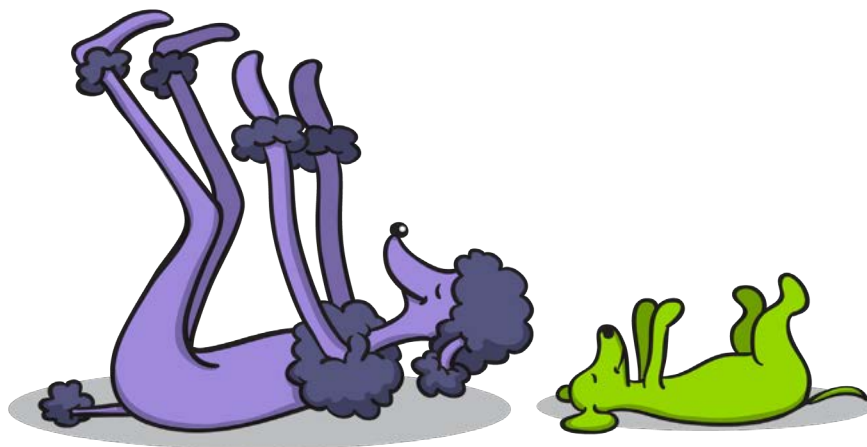


Always rely on a spotter / experienced teacher to guide you through a handstand if you are a beginner. There are many ways to master the handstand.

Here is one: With back to wall, lean forward and place hands flat on floor. Walk feet up the wall so you end up in an upside down L position. From there, lift one leg up, reaching toes to the sky. Engaging your core, work to only have toes on the other foot touching the wall.

Finally, try to float remaining foot into the air. Come back to the wall or spotter when you feel wobbly. *This pose requires upper body strength, core control, practice, and patience.*

HAPPY BABY JELLYFISH



Lie on back. Stretch both hands and feet into the air, wiggling them about, like a happy baby would do. You can also grab the inside of each foot, bending knees toward chest and out to the sides a bit, to get a deeper stretch in thighs.

HEAD ON KNEE



Start in Seated L pose. Slide in left foot to come to rest inside right thigh. Inhaling, reach arms up over head, and stretch chest forward over right leg, keeping spine as straight as possible. Release down over leg, placing hands on foot, shin, or floor beside leg. *Can you touch your head to your knee?* Do not force. Do what is comfortable to you. Repeat with left leg outstretched.

HERO



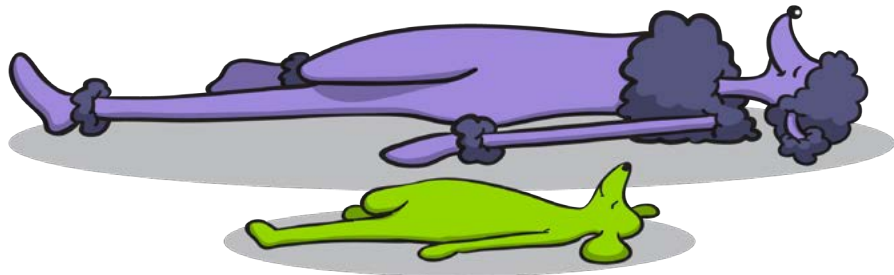
Kneel on mat, knees together or slightly apart (if more comfortable), big toes touching. Sit back on heels, and rest hands on thighs. Roll shoulders back, opening chest. Look up to sky, or gaze forward.
If this hurts your knees, place a folded blanket on top of calves/heels before sitting back on heels.

LOTUS



Start in Seated L pose. Bend right knee and pull it into chest. Guide right foot to rest on top of left leg, near hip bone. Bend left knee, and guide left foot to rest on top of right shin. Both feet will be facing toward the sky. Guide knees closer together if this is more comfortable, and rest hands, palms up, on knees. *This can be a challenging pose for many; consider Half Lotus (only one foot on top) if you find this to be painful.*

LYING TWIST



Lie on back. On inhale, pull right knee into chest. On exhale, drop right knee over body to left side. Inhale, pull knee back into chest. Exhale, slide leg back down to mat. Repeat steps with left leg.

Variation: Try with both legs at once.

MERMAID



Start in Pigeon pose, with right leg forward, and left leg stretched long behind you. Slide left knee up toward right foot. Relax muscles in both legs, and straighten spine. Hands in front of heart, or lifted above head.

MOUNTAIN



Stand with feet together or hip-width apart. Root your feet into the mat, and engage thigh muscles, drawing them up and back. Roll shoulders back, releasing tension, and opening chest. Arms may remain by sides, reaching fingers toward the floor, or stretching up to the sky.

OWL



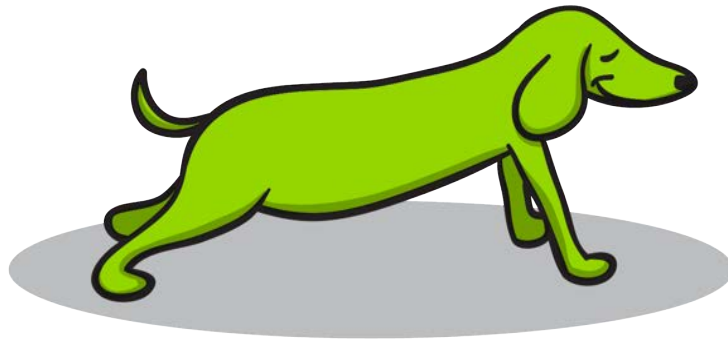
- (I) Roll up one end of mat to symbolize the tree branch. Stand on your “branch,” feet hip-width apart. Wrap arms behind you, resting hands in crooks of elbows.
- (II) Engaging your core and quads, come down to a squatting position, and carefully come back up to stand. Repeat several times.

PIGEON



From a Runner's Lunge, rest front leg onto mat between hands (outside of leg, knee, and shin down). Back leg is stretched out long behind you, sole of foot facing the sky. Push hands down on mat, lifting torso and opening chest. When ready, release chest down over front leg, and rest forehead on hands or mat. Breathe into the stretch.

PLANK



Begin on hands and knees, fingers spread wide, directly beneath shoulders. Press firmly into the mat, tuck toes under, and step feet back. Engage core muscles and keep thighs lifted. Body should form a straight line, from head to toes. If you need to, come down to knees while building stamina.

PLOW



Lie on back. If you have shoulder or neck issues, lie with shoulders and arms on folded blanket, head resting on mat. With hands pressing into the mat at your sides, raise legs toward sky. When ready, allow feet to continue toward the floor above your head. Touch toes to the floor.

RABBIT



Come to hands and knees on mat. Spread knees apart, slightly (or wider, if more comfortable), touching big toes together. Stretch arms out in front, while coming back to sit on heels. Rest forehead on mat (or blanket, if preferred). Clasp hands behind back, and raise up to the sky.

RAG DOLL



From a standing position, gently roll forward and release upper body toward the floor. Allow muscles in arms and neck to relax, while slowly swaying from side to side.

ROCK THE BABY



Sit in Easy pose. Lift right ankle in left hand, looping right arm under calf. Gently “rock” right leg (*the baby*), from left to right, up and down. Do what feels comfortable. Repeat with left leg.

RUNNER'S LUNGE



Starting in Plank pose, bring right leg forward, placing foot between or beside hands on the mat. Breathe and hold, or gently pulse up and down for five to ten seconds. Repeat with left leg.

SEATED L



Sit on mat with legs extended. If uncomfortable, sit on a blanket or with back against the wall. Sit forward on sit bones, working to keep back straight, while pressing through thighs and heels. Roll shoulders back and open chest, with hands at rest beside hips, or raise them above head on inhalation.

SEATED TREE



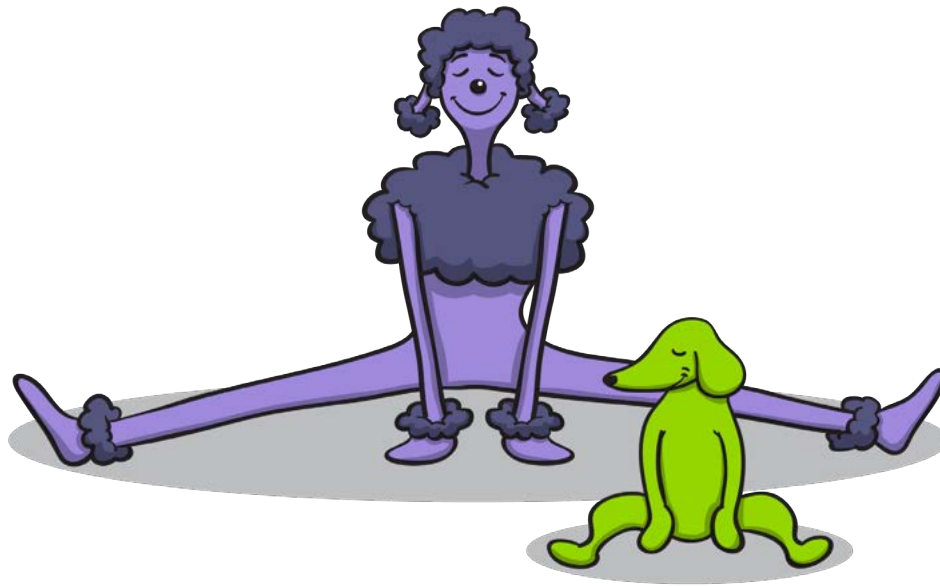
Begin in Seated L pose, and bend right knee. Bring right foot to rest on inside of left thigh. Reach chest over left leg, and release down, touching head to knee, if possible. Fingers are reaching toward left foot. Repeat with left leg.

SEATED TWIST



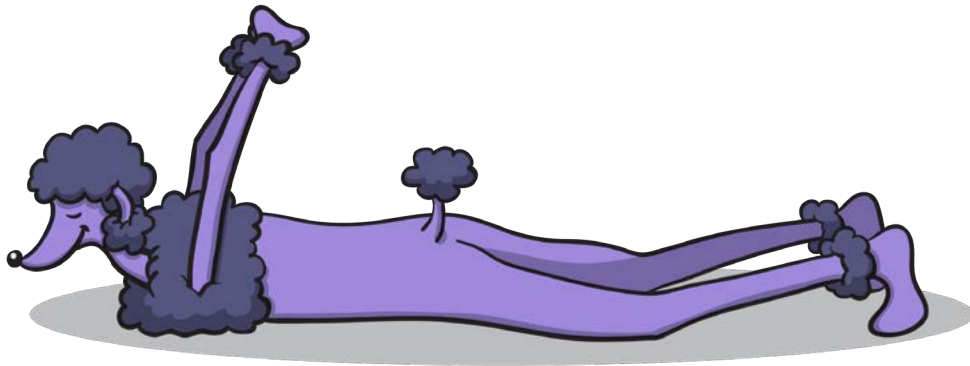
From Seated L pose, bend right knee, placing right foot flat on mat. Step right foot over left knee. Reach right hand behind you, twisting torso to the right. Left hand crosses over body. For a deeper stretch or more stability, press back of left elbow into outside of right knee while twisting. Repeat with left leg over right.

SEATED V



Begin seated in Easy pose. One at a time, slide legs out to the sides, forming a wide V. Gently place hands on mat in front of hips for stabilization.
For a challenge, walk hands forward.

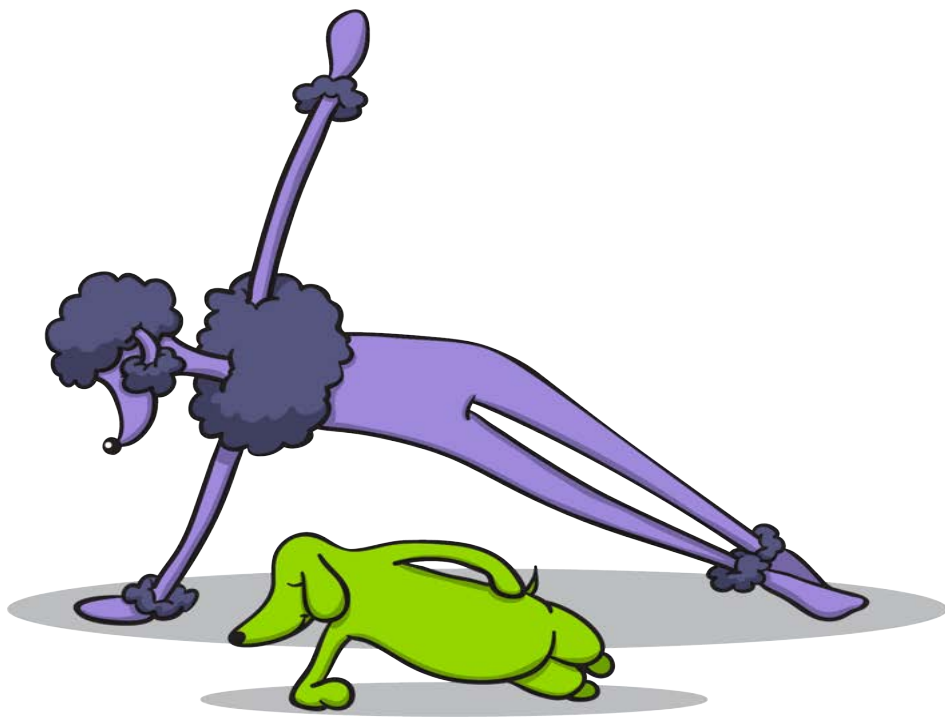
SHARK



Lie belly-down on mat, arms and legs stretched in opposite directions. Reach hands to clasp behind back, and lift up toward sky.

Can you spy the shark's dorsal fin?

SIDE PLANK_{UNICORN}



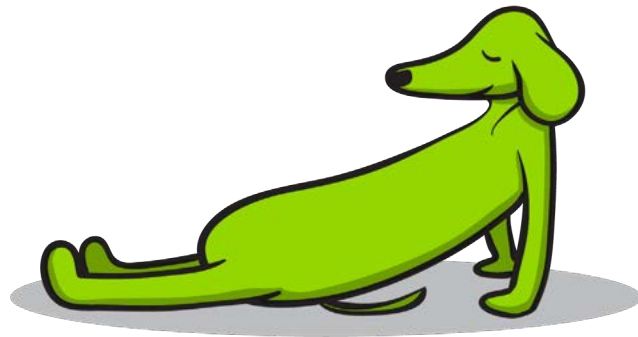
Lie on side, leaning on forearm (in line with shoulder). Feet together, engage core muscles, lifting hips up off of floor. Breathe and balance for 30 seconds. Repeat on other side of body. *For a greater challenge, straighten arm under shoulder, and/or lift and lower top leg while balancing.*

SLAY THE DRAGON



From Dragon pose, bend elbows, sliding clasped hands to front of heart. Twist torso toward front knee, bringing opposite elbow to outside of knee. Breathe and balance. Switch legs and repeat.

SLIDE



Begin in Seated L pose, with legs stretched in front, spine straight. Place hands flat on mat beside hips, fingers pointed toward feet. Press down on hands, lifting hips off mat, legs strong. A straight line is formed with the body, from head to toes.

SPIDER



Come to a wide-legged squat on mat, hands between feet. Carefully loop hands behind ankles, one at a time. If possible, place hands flat on mat. *With a partner, your spider has eight legs!*

SPRINKLER



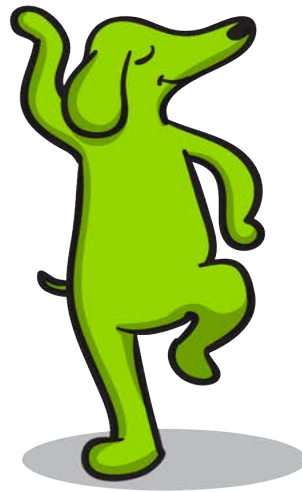
- (I) Seated in Easy pose, raise arms, placing hands behind head.
- (II) While inhaling and exhaling, turn torso to left, back to middle, to the right, back to middle, and so on.

STANDING FORWARD BEND



Stand tall in Mountain pose. Arms reaching to the sky, legs strong, lower arms out to sides while stretching chest toward wall in front of you. Keeping spine straight for as long as is comfortable, continue to float arms down, and bend at waist. Release muscles in back, shoulders, neck, and arms. Can you touch the floor? Don't push; relax where you feel a comfortable stretch.

STANDING PEACE CRAWL



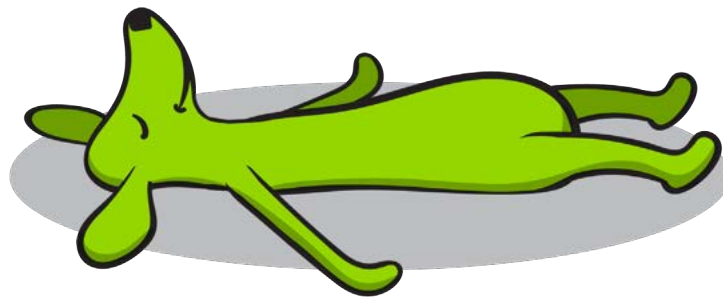
From a standing position, march in place. When left knee is up, lift right hand. When right knee is up, lift left hand. This is, essentially, crawling in a standing position.

STAR



From Mountain pose, shift body weight into left foot. Lift arms out to sides, and lean to the left, coming to balance on left foot. Lean to the right, shifting weight to right side of body. Balance on right foot. Along with the rhythm of your breathing, rock back and forth several times.

STARFISH



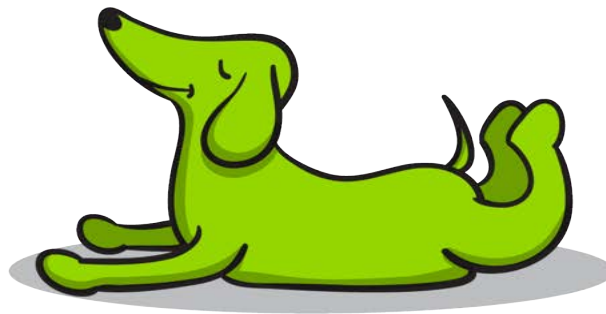
Lie on back on mat.
Spread arms and legs wide. Breathe.

SUPERHERO WARRIOR III



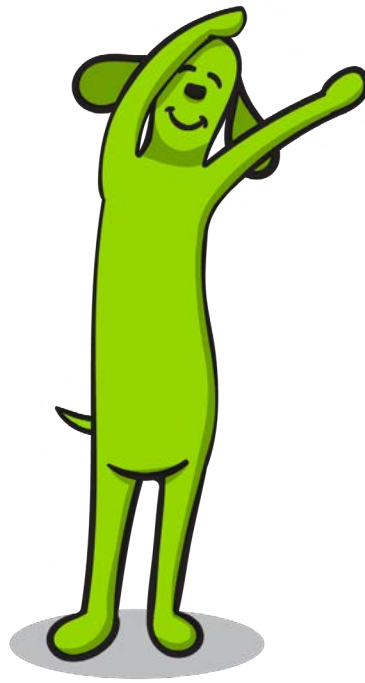
From Mountain pose, step your feet wide on mat. Turn right foot out 90 degrees, and left foot in about 45 degrees. Check to be sure right heel is aligned with left arch. Turn pelvis toward right leg, and shift body weight into right foot. While reaching arms out in front of body, lift left leg off of mat behind you. Aim to balance, with top of left foot facing mat. Repeat with left foot in front.

SWAN



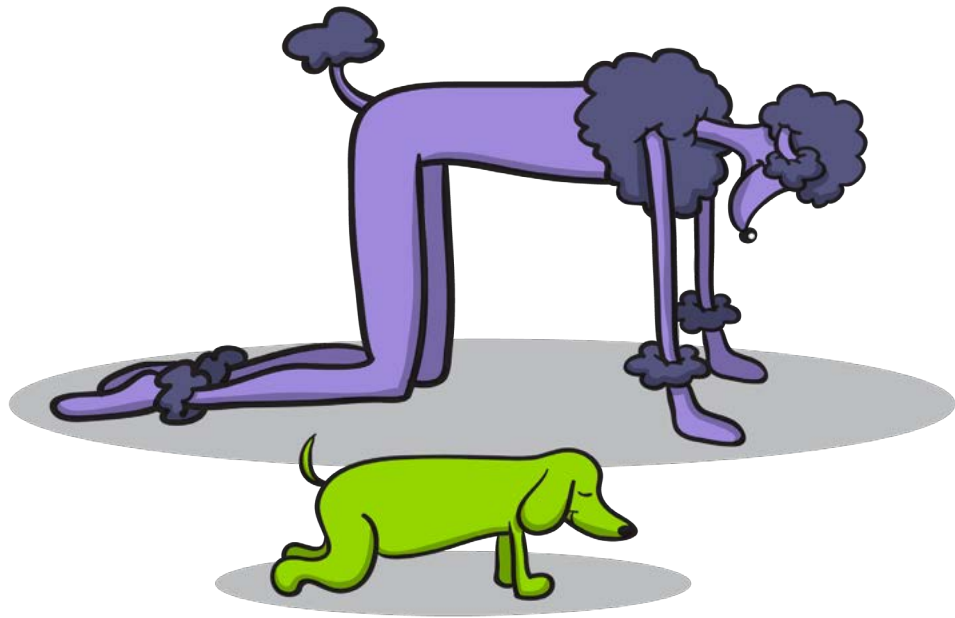
Lie belly-down on mat. Place hands directly under shoulders. Push hands into mat, lifting chest, face looking toward sky. Bend knees, bringing feet toward head.

SWAYING PALM



- (I) From Mountain pose, gently reach stretched arms over to one side, back to center, and then over to other side of body.
- (II) This is a slow, fluid movement, coordinated with inhalations and exhalations.

TABLETOP



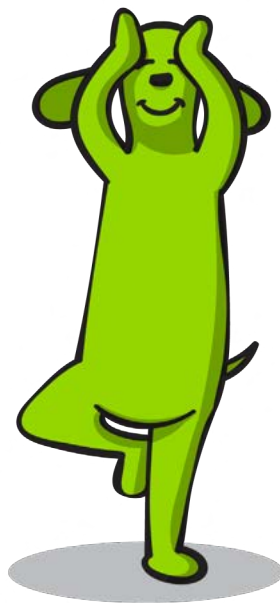
Come to hands and knees on mat. Hands should be aligned with shoulders; knees under hips. Work to keep back flat, creating straight line from head to hips. This is a base pose for many other poses and movements.

THREAD THE NEEDLE



From Tabletop pose, bend left arm, and bring shoulder to the mat. Stretch left arm under chest, twisting torso to the right, and resting left side of face on mat. Lift right hand to the sky. Work to keep hips square, and tops of feet on mat. Repeat with right shoulder to the mat.

TREE



- (I) Standing tall in Mountain pose, bring right foot to inside of left thigh, turning right leg out to the side. Hands may come together in front of heart, above head, out to sides, or wherever most comfortable.
- (II) If lifting foot above the knee is too challenging, come to a balance with foot on opposite calf Repeat with left leg raised. *To avoid injury, do not place foot on knee.* Balance tip: Fix gaze on non-moving object on or near the floor.

TRIANGLE



From Mountain pose, step your feet wide on mat. Turn right foot out 90 degrees, and left foot in about 45 degrees. Check to be sure right heel is aligned with left arch. Lift arms out to sides, in line with shoulders. Turn head to look over right arm, and reach toward wall in front. Bend at the hip, continuing to stretch right arm, reaching toward right foot, now. Rest right hand on calf, ankle, floor, or a block. Left arm stretches to the sky. Repeat, stretching over left leg.

WARRIOR II



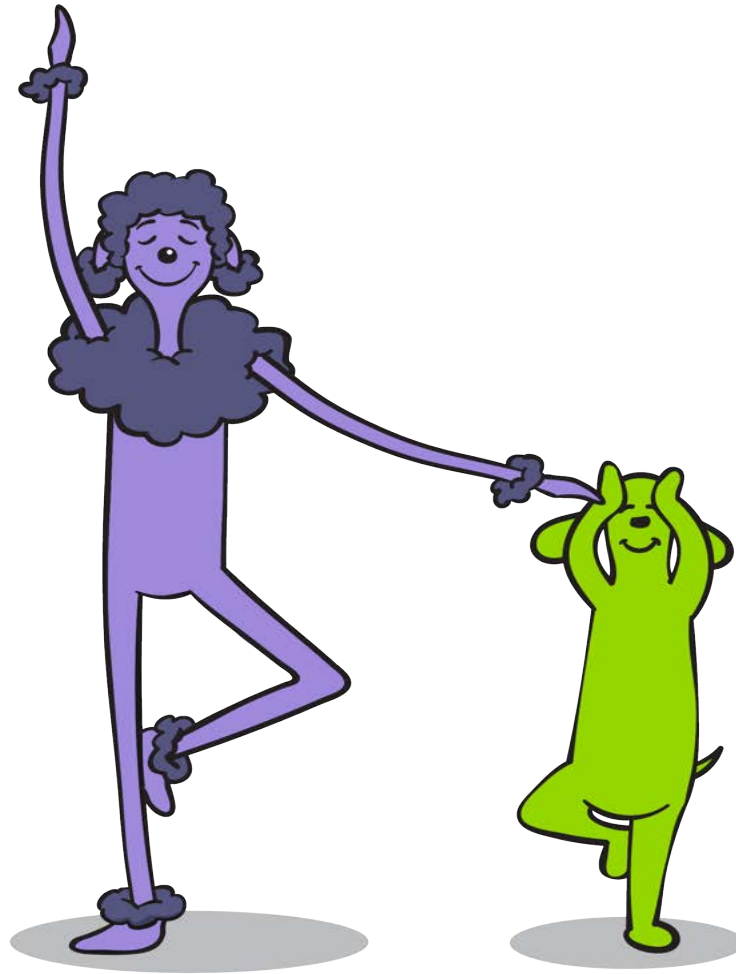
From Mountain pose, step your feet wide on mat. Turn left foot out 90 degrees, and right foot in about 45 degrees. Check to be sure left heel is aligned with right arch. Lift arms out to sides, in line with shoulders. Turn head to look over left arm, and reach toward wall in front. Bend left knee, creating 90 degree angle with leg. Stand strong and breathe. Repeat on other side.

WHEEL



Lie on back on mat. Bend knees and bring feet, flat on mat, close to buttocks. Bend elbows, and place hands on mat, on either side of head, fingers pointing toward shoulders. On inhale, press feet into mat as you lift hips. Engage thigh and core muscles to stabilize. While exhaling, press through hands and lift chest and head off mat. To come out of pose, gently release head, then shoulders, then lower back to mat. *This is an advanced Yoga pose, and should only be attempted once body is warmed up, or well-stretched. For beginners, it is recommended that a spotter be used.*

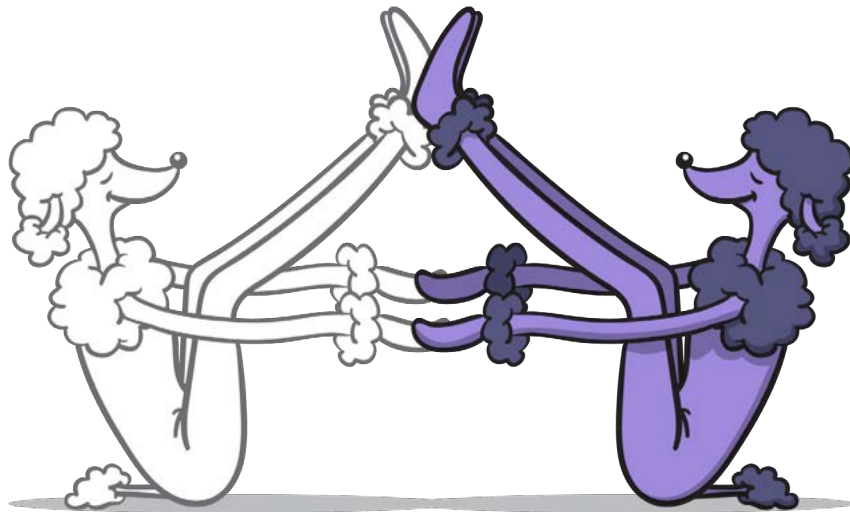
CIRCLE OF TREES



Students stand in a circle. Each student comes into Tree pose, holding the hands of the yogi(ni)s on either side him/her.

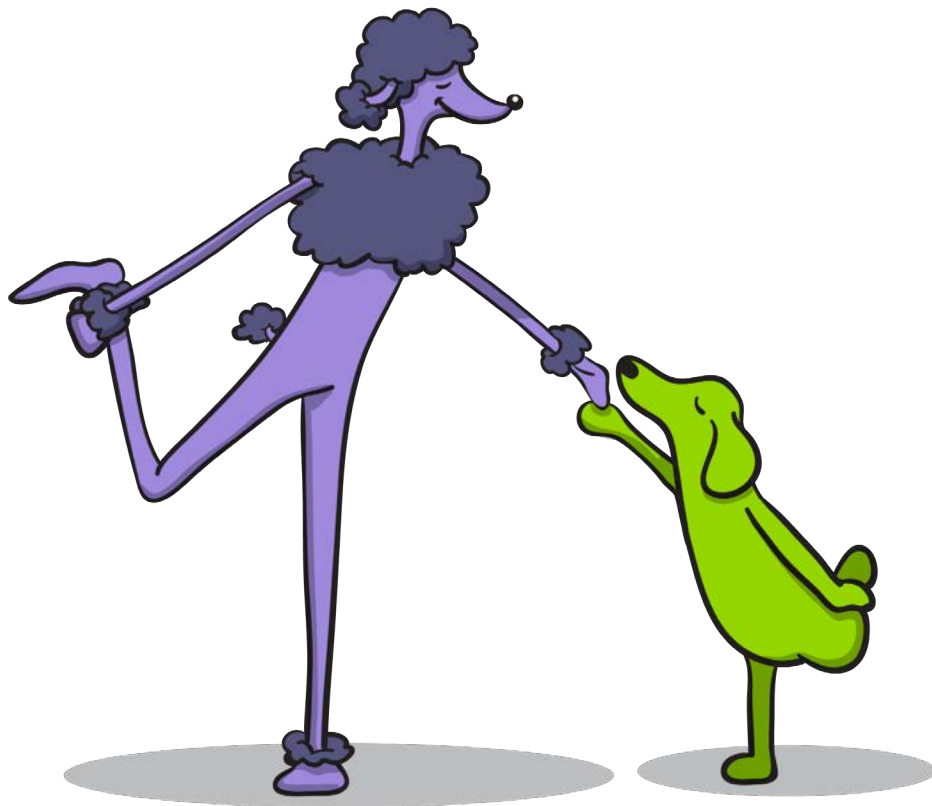
How long can the entire group hold the pose?

DOUBLE BOAT



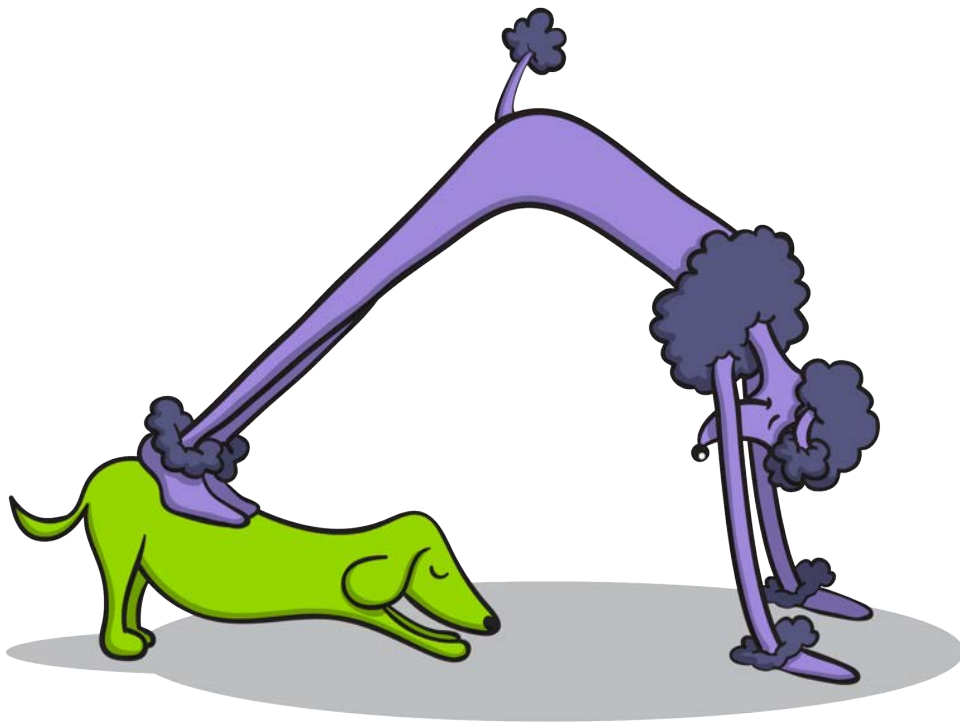
Sit on mat, facing partner, knees bent, feet flat on floor. Scoot close enough to partner so that toes touch. Reach outside knees to grab hands with partner. Lean back to balance on sit bones, while bringing bottoms of feet together with partner. When ready, press against one set of feet, and lift up together. Repeat with remaining feet. Balance and breathe.

DOUBLE DANCER



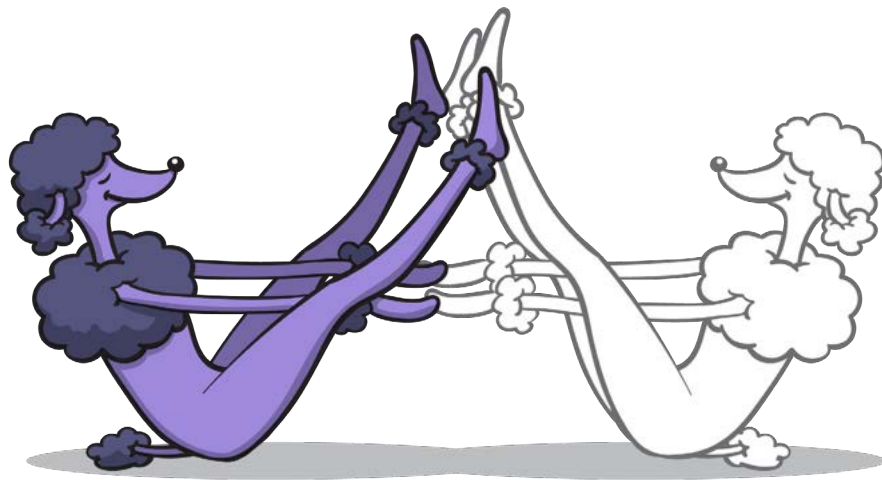
Start in Mountain Pose, facing partner. Shift body weight into foot nearest partner, and press nearest hands into each other. Bend opposite knee, and reach back with hand to grab the inside of foot. Balancing, lean forward, pressing into partner's hand, and raise bent leg higher into the air. Repeat with other leg.

DOUBLE DOWN DOG



Especially for the first several times attempting this pose, it is recommended that a teacher provide support. Yogi(ni) I comes into Downward Dog pose. Yogi(ni) II stands beside Yogi(ni) I's head, and leans over to place hands on mat, in front of Yogi(ni) I's hands. Carefully, Yogi(ni) II lifts one foot to place it on the lower back of Yogi(ni) I, toes curled under. Once stable, Yogi(ni) II brings other foot to balance on Yogi(ni) I's lower back. Switch positions!

DOUBLE LOTUS



Sit on mat, facing partner, knees bent, feet flat on floor. Scoot close enough to partner so that toes touch. Reach through middle of knees to grab hands with partner. Lean back to balance on sit bones, while bringing bottoms of feet together with partner. When ready, press against one set of feet, and lift up together. Repeat with remaining feet. Balance and breathe.

DOUBLE PIGEON



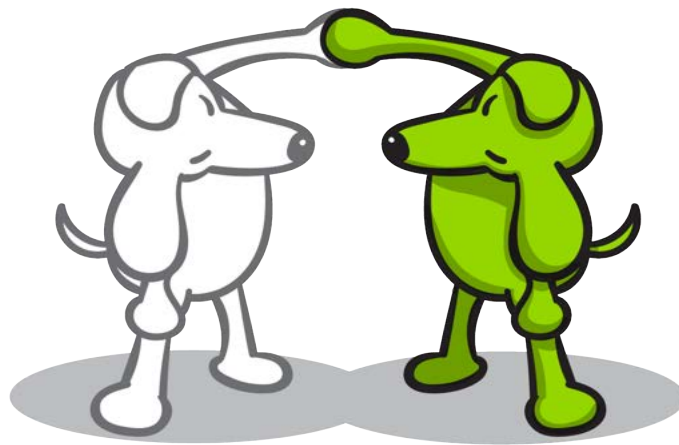
Face partner in Runner's Lunge. Rest front leg onto mat between hands (outside of leg, knee, and shin down). Back leg is stretched out long behind you, sole of foot facing the sky. Push hands down on mat, lifting torso and opening chest. When ready, reach one hand up, and then the other, to meet partner's hands. Press into (and up) one another's hands to deepen the stretch. Breathe.

DOUBLE SEATED TREES



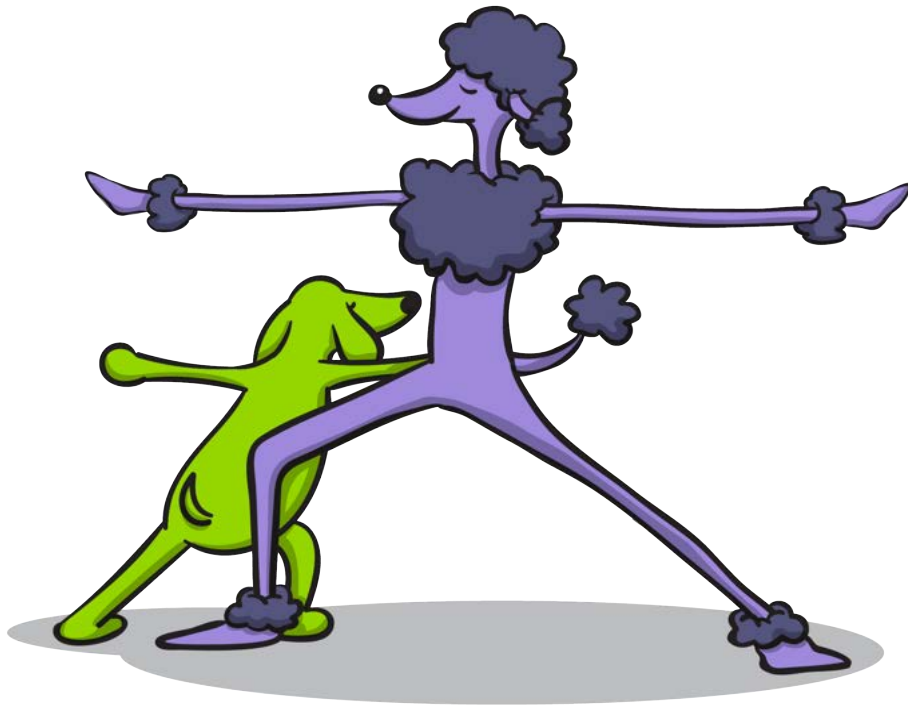
Start in Seated L pose, facing partner. Slide in one foot to come to rest inside opposite thigh. Inhaling, reach arms up over head, and stretch chest forward over outstretched leg, keeping spine as straight as possible. Bring hands to grip partner's hands, taking turns leaning back slightly to deepen the stretch. Do not force. Do what is comfortable to you. Repeat with opposite leg outstretched.

DOUBLE TRIANGLE



Face partner in Mountain pose. Step feet wide on mat, then turn front foot out 90 degrees, back foot in about 45 degrees. Check to be sure front heel is aligned with back arch. Lift arms out to sides, in line with shoulders. Turn head to look over front arm, and reach toward wall in front. Bend at the hip, continuing to stretch front arm, reaching toward front foot, now. Rest front hand on calf, ankle, floor, or block. Back arm stretches to the sky, and presses on partner's palm for increased balance. Repeat, stretching over opposite leg.

DOUBLE WARRIOR



Stand beside partner in Mountain pose, facing opposite directions. Step feet wide on mat. Turn foot closest to partner out 90 degrees, and other foot in about 45 degrees. Check to be sure front heel is aligned with back arch. Lift arms out to sides, in line with shoulders. Turn head to look over arm closest to partner, and lean in toward partner. Bend front knee, creating 90 degree angle with leg, while keeping outside (back) leg straight. Repeat on other side.

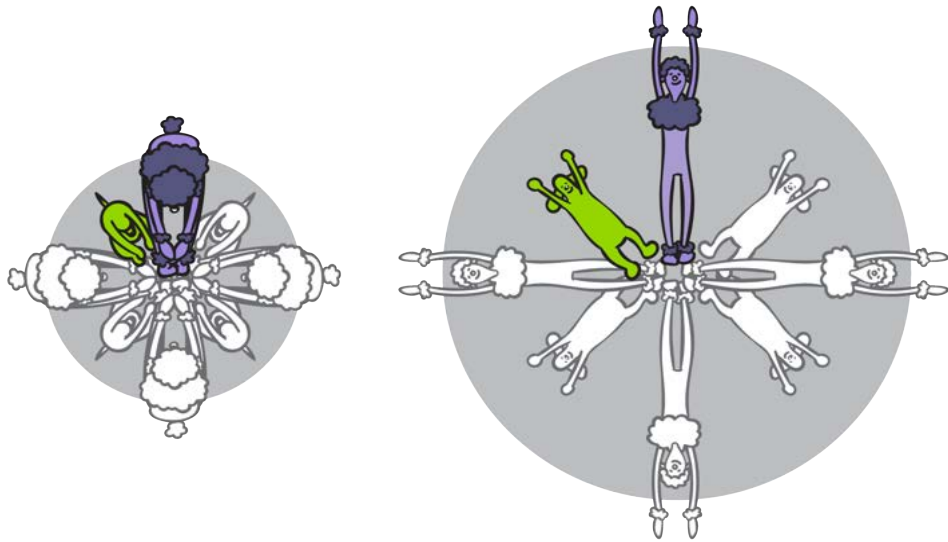
ELEVATOR



Face partner in Mountain Pose, feet spread slightly apart. Inhale, and reach arms toward the sky, then down to grab partner's hands. Exhale, and bend knees, shifting weight into heels, as if you are about to sit in a chair. Relax shoulders, and pull on partner's hands for increased balance. Now, work together to come to standing, again.

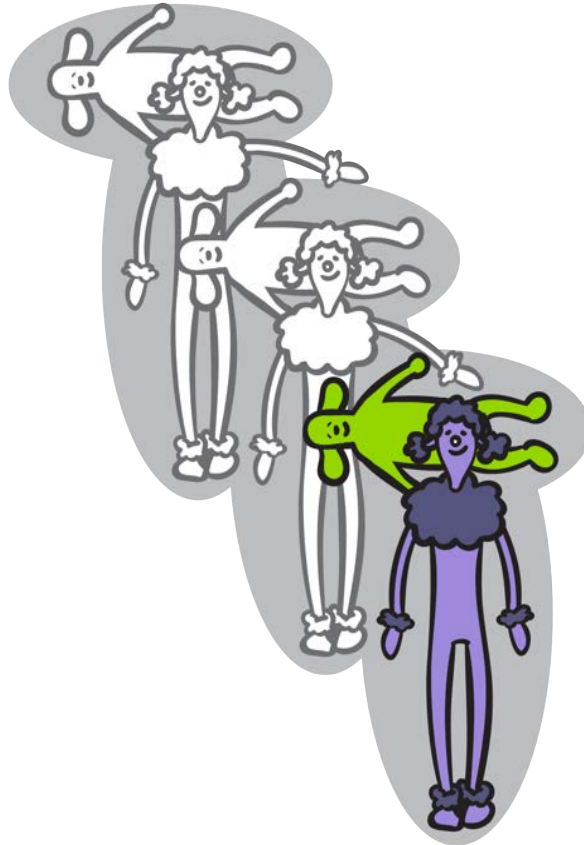
How many times can you move up and down in the elevator?

GROUP FLOWER



- (I) Sit in a circle with group. Stretch legs straight, feet and hands in middle of the circle. One Yogi(ni) starts the motion of raising both arms up to the sky, and lowering spine to floor, one vertebrae at a time.
- (II) Once the first Yogi(ni) reaches the floor, the Yogi(ni) seated to the left of him/her follows suit, and so on around the circle. The visual is a flower opening its petals one-by-one. Back to the start again, the first Yogi(ni) will come to a seated position, engaging core muscles, and lifting upper body off floor. Remaining Yogi(ni)s will continue the pattern around the circle, closing the flower.

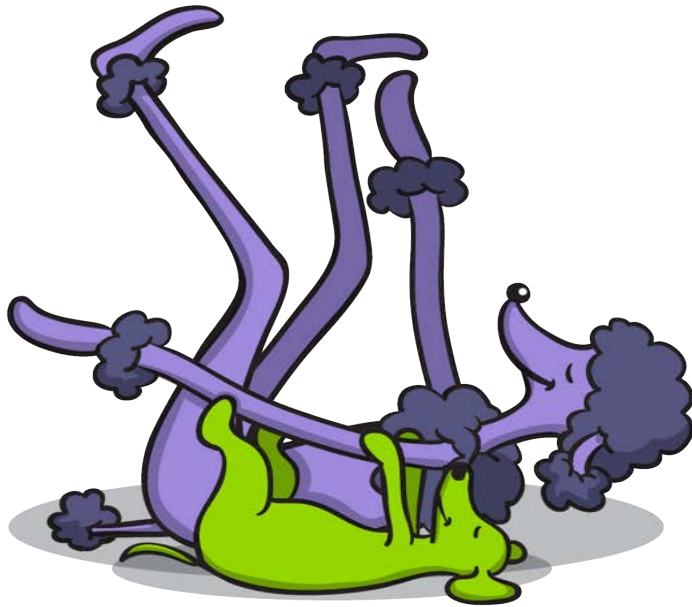
LEGO LINKING



One student lies on mat in Corpse pose. The next student lies down, perpendicular to the first student, head on the first student's abdomen. The pattern continues with all students in the group.

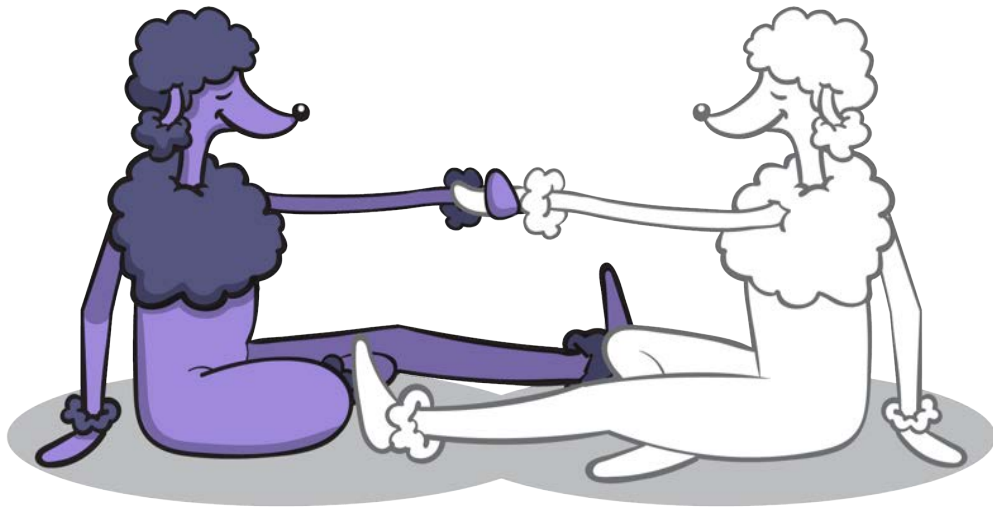
See what happens when everyone gets laughing!

OCTOPUS



Lie on mat, shoulder-to-shoulder with partner. Lift arms and legs to the sky, intertwining limbs with partner, and wiggling about. *Become one with the octopus.*

SAILBOAT



Facing partner, begin in Seated L pose, and bend right knee. Bring right foot to rest on inside of left thigh. Reach left arm across body, and grasp hands with partner. Place right hand on mat behind you for stability. Repeat with left leg bent, right arm across body.

SCARECROW MIRRORING



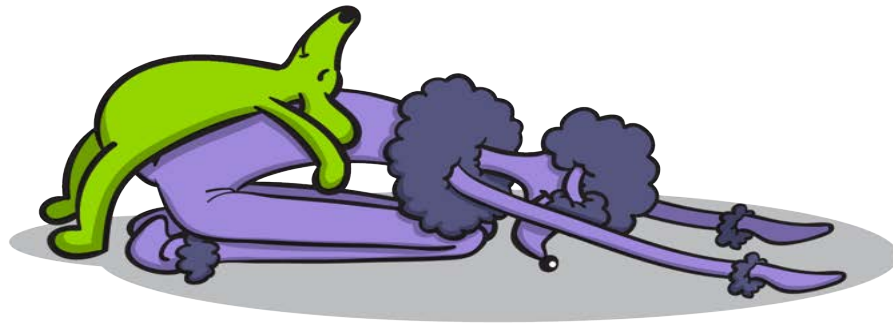
- (I) Choose one Yogi(ni) to be the leader of the pair (or group). The lead Yogi(ni) will model favorite Yoga poses, and the partner/group will follow.
- (II) This can be done at a fast or a slow pace, and often becomes a silly game.

SEESAW



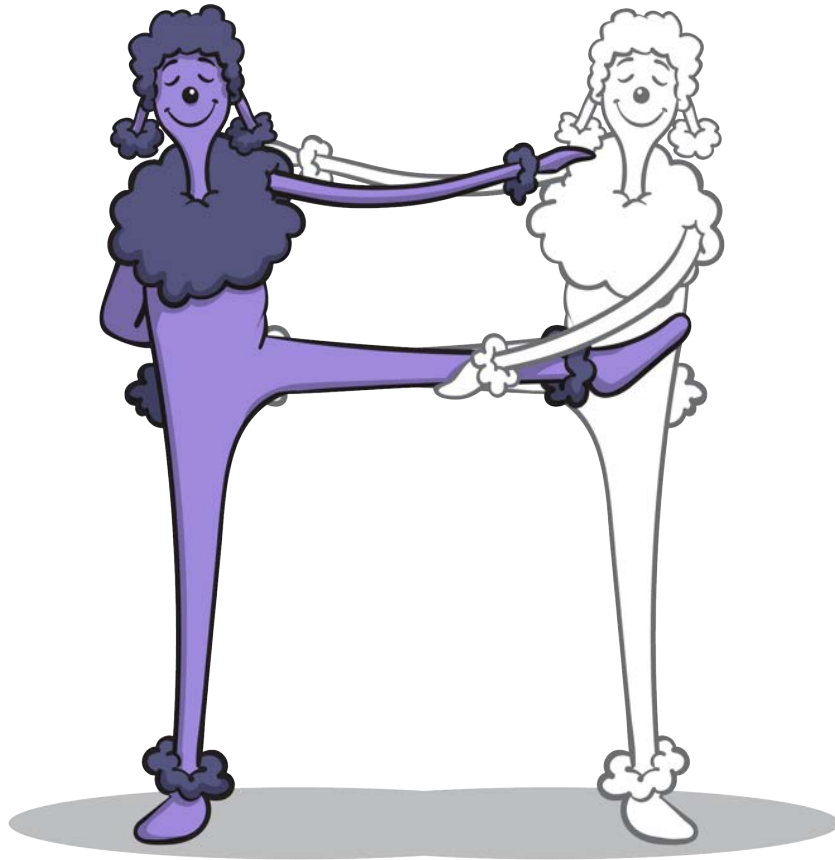
Begin seated in Easy pose, facing your partner. One at a time, slide legs out to the sides, forming a wide V. Reach forward and grasp partner's hands. Choose one partner to lean back, while other partner stretches forward. Switch. Work to find a fluid back-and-forth motion, gently stretching hamstrings and lower back.

STARFISH ON A ROCK



One Yogi(ni) comes to hands and knees on mat. Spread knees apart, slightly (or wider, if more comfortable), touching big toes together. Stretch arms out in front, while coming back to sit on heels. Rest forehead on mat (or blanket or hands if preferred). Partner gently comes to sit on lower back of first Yogi(ni), and lies back-to-back on the “rock.” The “starfish” experiences an open chest, while the “rock” benefits from a deeper lower back stretch. To come out, the “starfish” carefully rolls to the side. Switch positions!

TIC-TAC-TOE



Stand beside partner in Mountain pose. Step feet wide on mat. Turn foot closest to partner out 90 degrees, and other foot in about 45 degrees. Check to be sure front heel is aligned with back arch. Lift arms to grasp partner's nearest shoulder for balance. Yogi(ni) I lifts leg nearest to partner, and Yogi(ni) II grasps the ankle *in front* of the body. Then, Yogi(ni) II lifts leg nearest to partner, and Yogi(ni) I reaches back to grasp the ankle *behind* the body. Switch sides.

TWIN DRAGONS



Stand in Mountain pose, back to partner. One Yogi(ni) steps right foot forward; other Yogi(ni) steps right foot forward as well. Bend front knee, creating 90 degree angle with leg. Either stretch back leg long, behind, balancing on toes, or rest back knee on mat. Turn pelvis toward front leg, and raise arms above head. Reach back to join hands with partner. Repeat on other side.

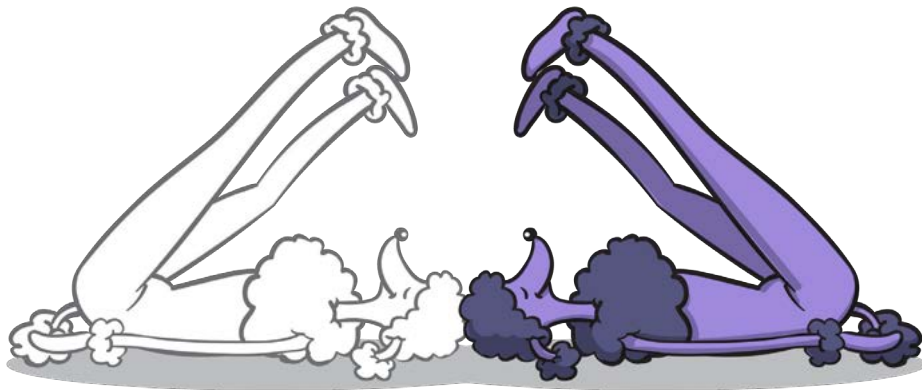
TWIN TREES



Stand tall, beside partner, in Mountain pose. Bring outside foot to inside of straight leg, turning bent leg out to the side. Reach up to grasp partner's hand for balance; outside arm stretches out to side. If lifting foot above the knee is too challenging, balance with foot on opposite calf. Repeat with opposite leg raised. Balance tip: Fix gaze on non-moving object on or near the floor. This pose can also be achieved back-to-back with partner.

To avoid injury, do not place foot on knee.

TWINKLE TOES



Lie on back, crown of head facing partner's crown. If you have shoulder or neck issues, lie with shoulders and arms on folded blanket, head resting on mat. With hands pressing into the mat at your sides, raise legs toward sky. When ready, reach feet toward partner's feet above your head.
Touch toes together if you can!

NAMASTÉ.



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