

KUMARAH KIDS YOGA

Yoga Sequence Planning for Teens



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MY YOGA SEQUENCE

Introduction

What is a sequence?

- A sequence is a set of poses that you do in a specific order. You hold each pose for one or two breaths, then move to the next pose.
- Most sequences are done 2-6 times in a row to make sure your body is balanced equally on both sides.
- Many sequences are planned to help the yogi feel a certain way or gain a specific benefit.

I want my sequence to help me feel:

- Calm
- Strong
- Flexible
- Energized
- Peaceful
- Balanced
- Relaxed
- Happy
- Confident
- Stable
- Uplifted
- Focused

Other: _____

MY YOGA SEQUENCE

Directions

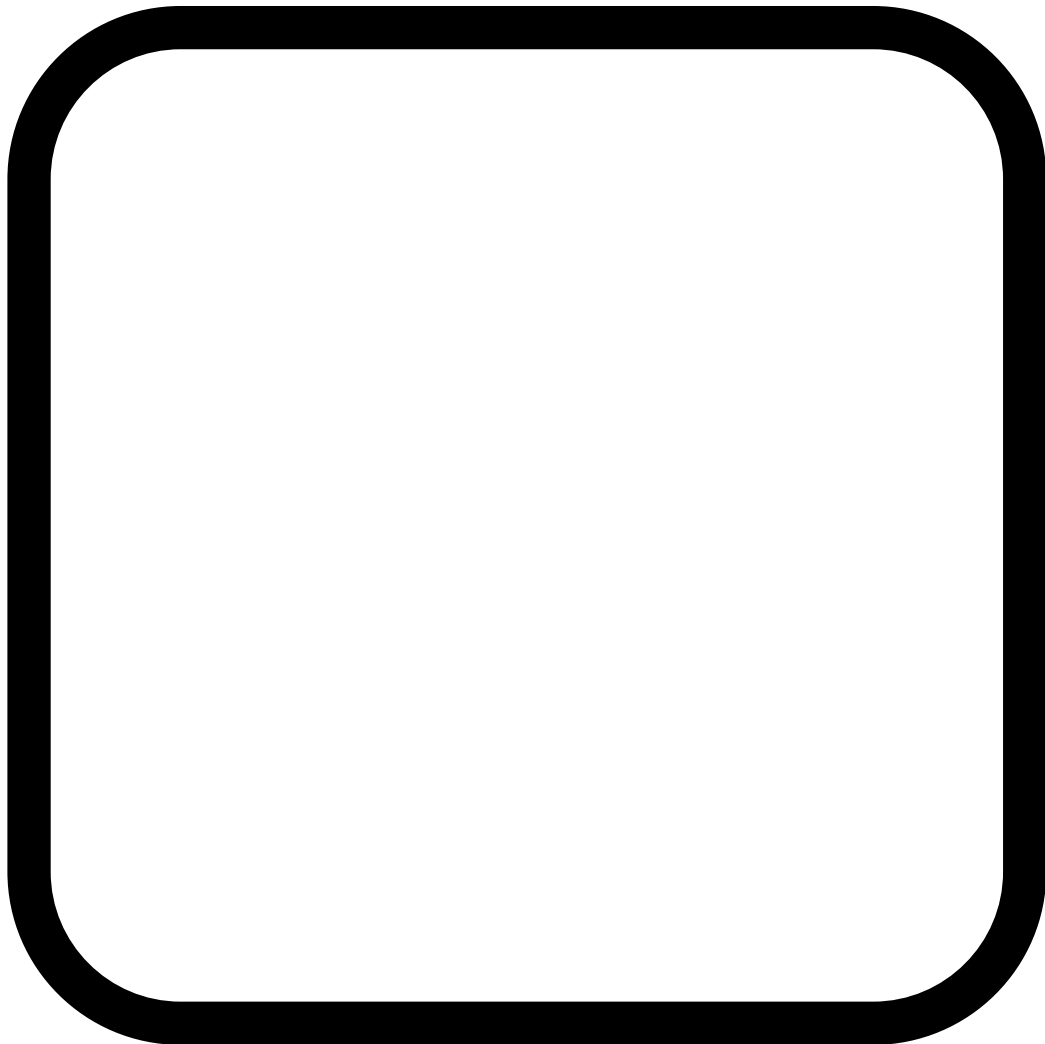
1. Write and draw a pose for each category. Choose a pose that will help you achieve your goal.
2. Write how each pose makes you feel and add a color that matches the feeling if you want.
3. Try the poses in order for one breath each.
4. Switch them around if you need to to see what feels best.
5. Write the final order of your sequence on the last page.
6. Add savasana at the end. Write a short mindfulness meditation for yourself to help achieve your desired feeling during savasana.

FOUNDATIONAL POSE (NEUTRAL SPINE)

Grounded, tall, relaxed, lengthened

Pose name:

I feel:

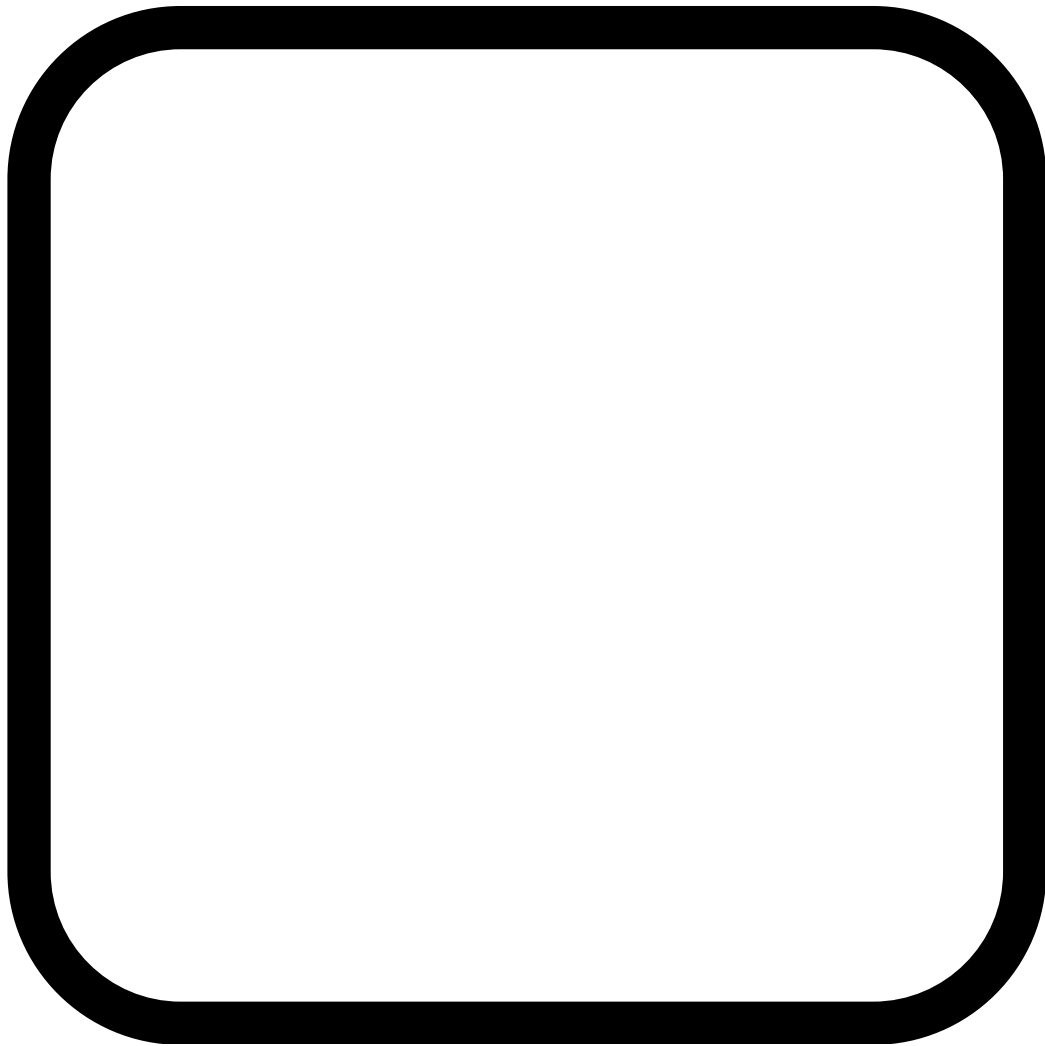


LATERAL BEND

Equal, open, balanced, lengthened

Pose name:

I feel:

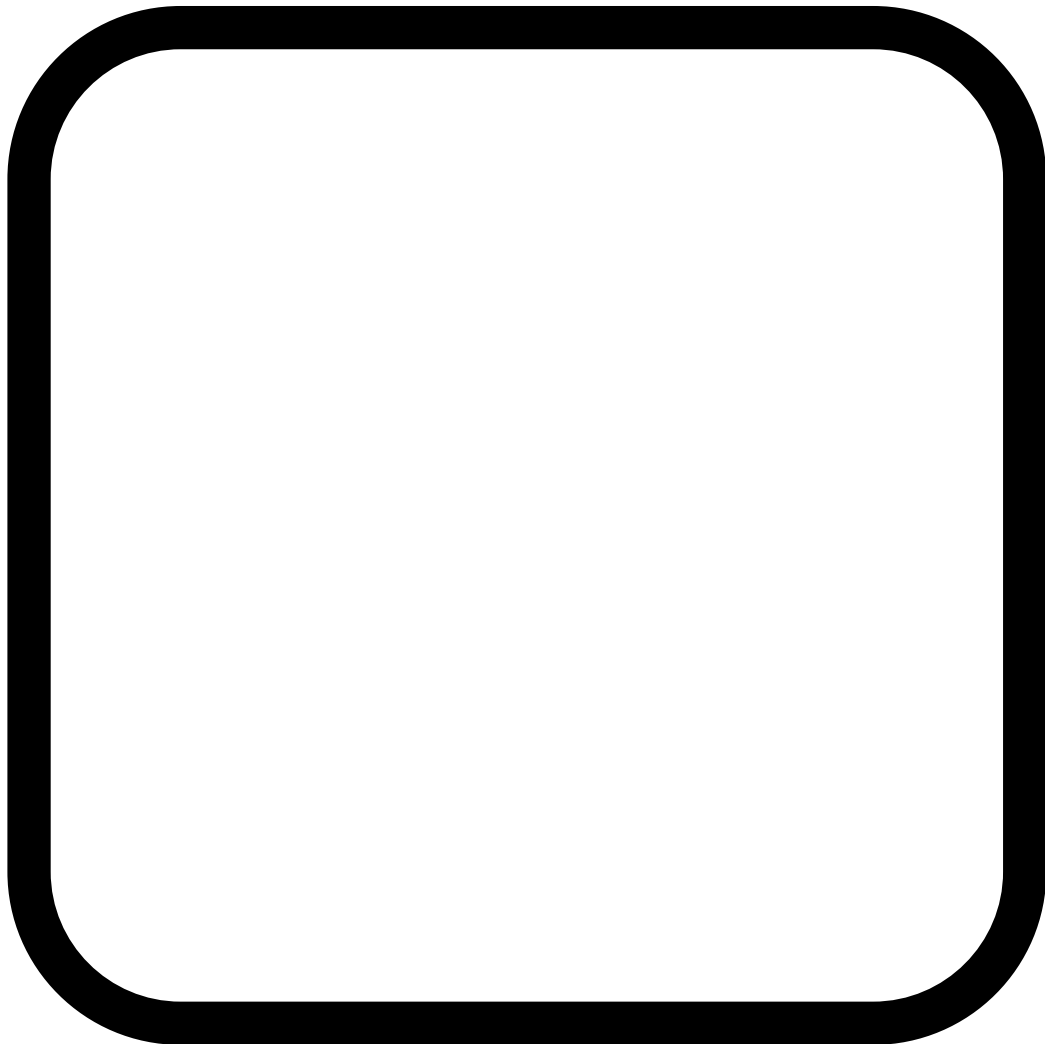


TWIST

Soothed, centered, balanced, challenged

Pose name:

I feel:

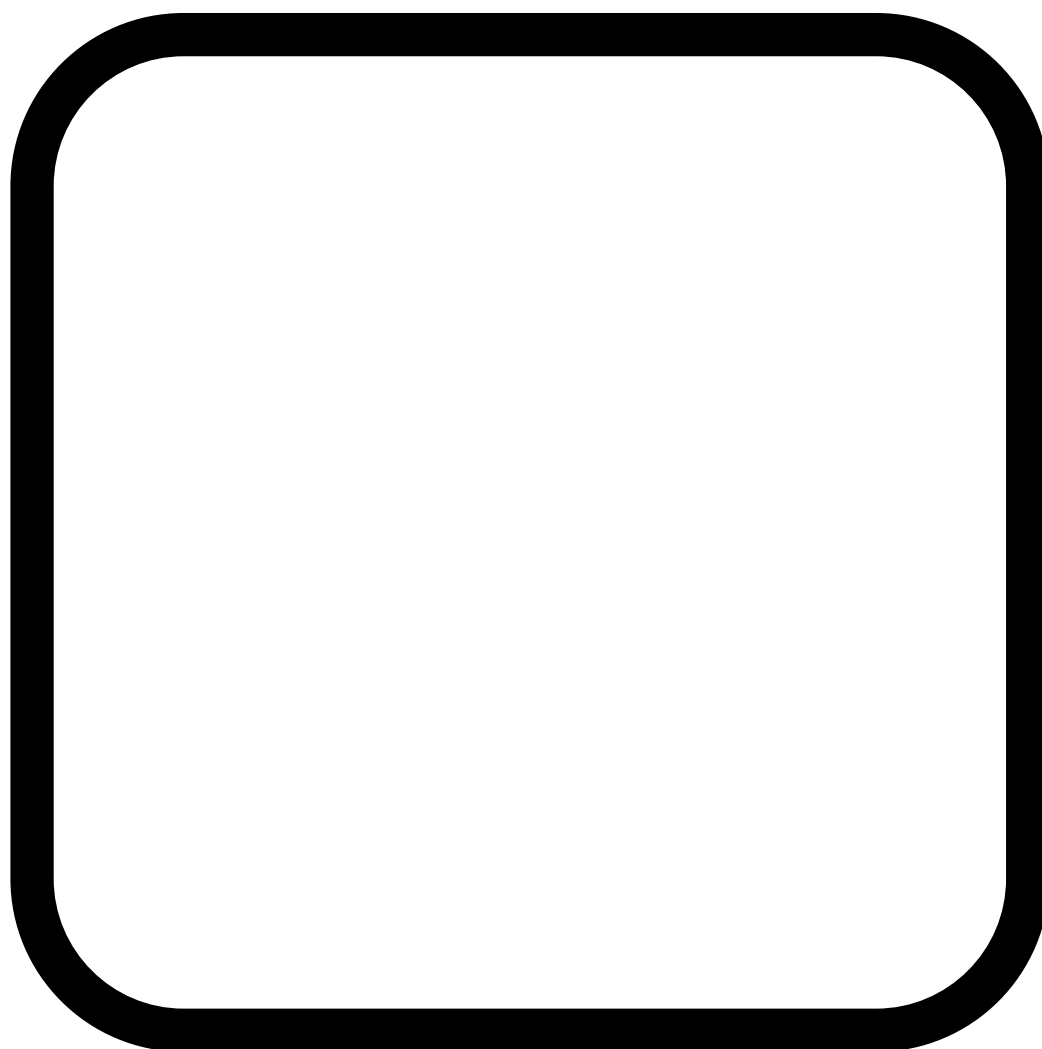


FORWARD FOLD

Calm, peaceful, relaxed, flexible, stretched

Pose name:

I feel:

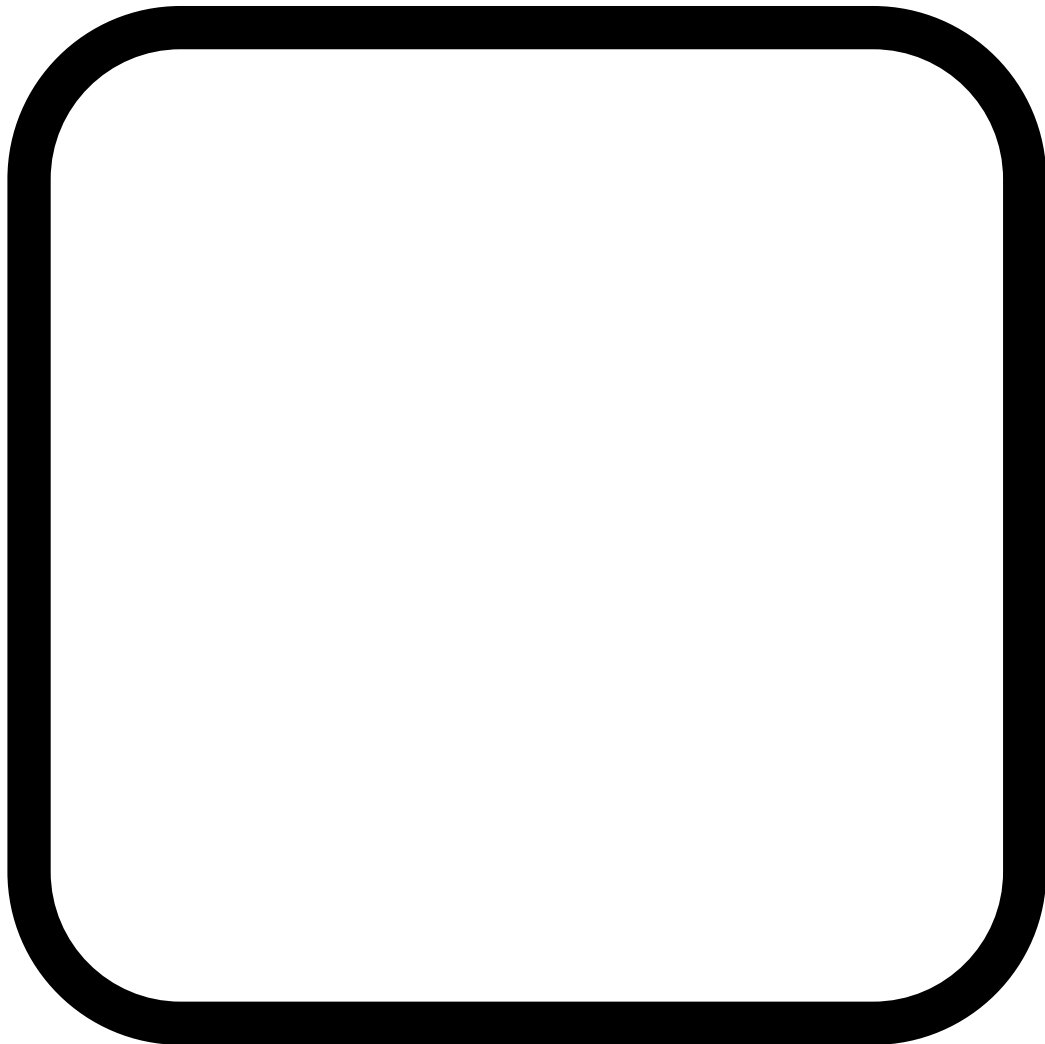


BACKWARD BEND

Energized, open, determined, flexible

Pose name:

I feel:

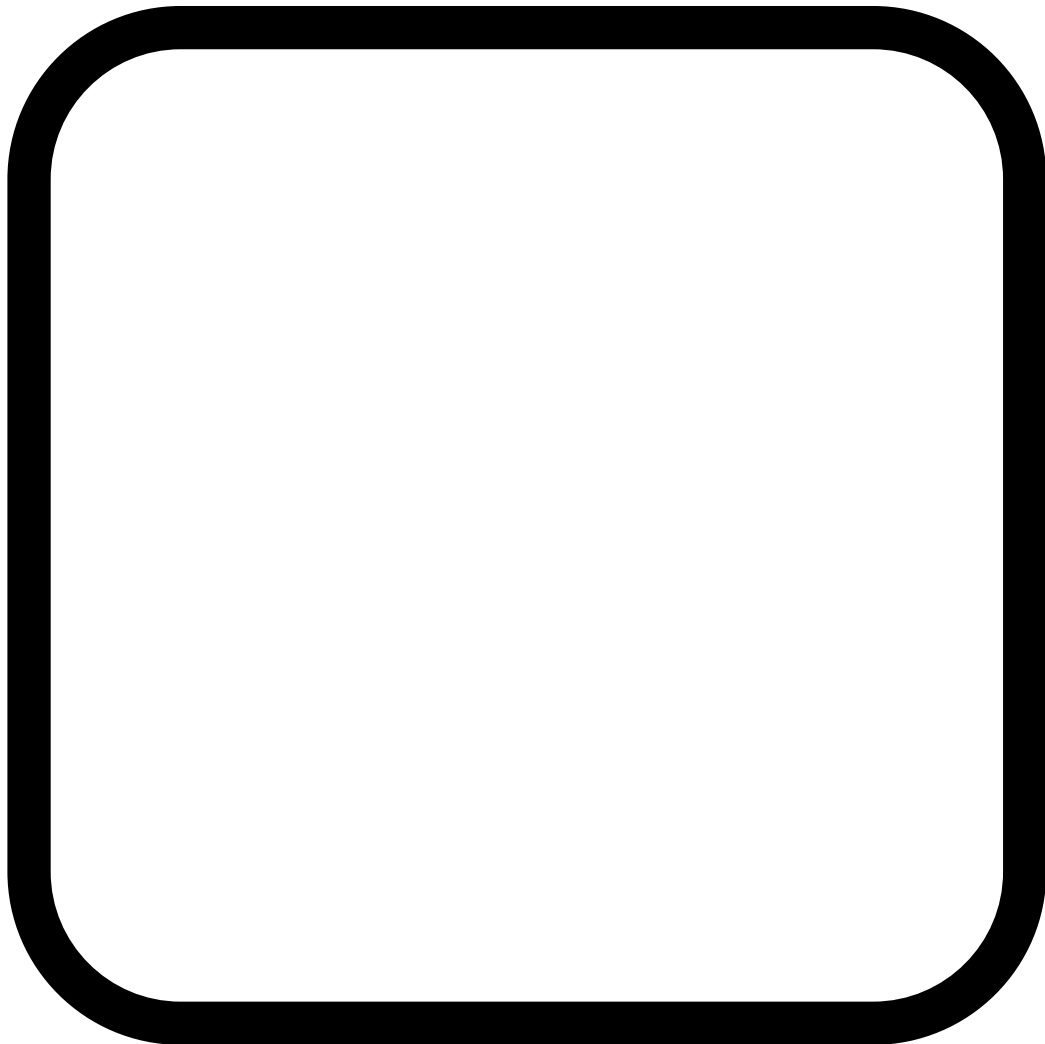


BALANCE

Stable, balanced, centered, calm, focused

Pose name:

I feel:

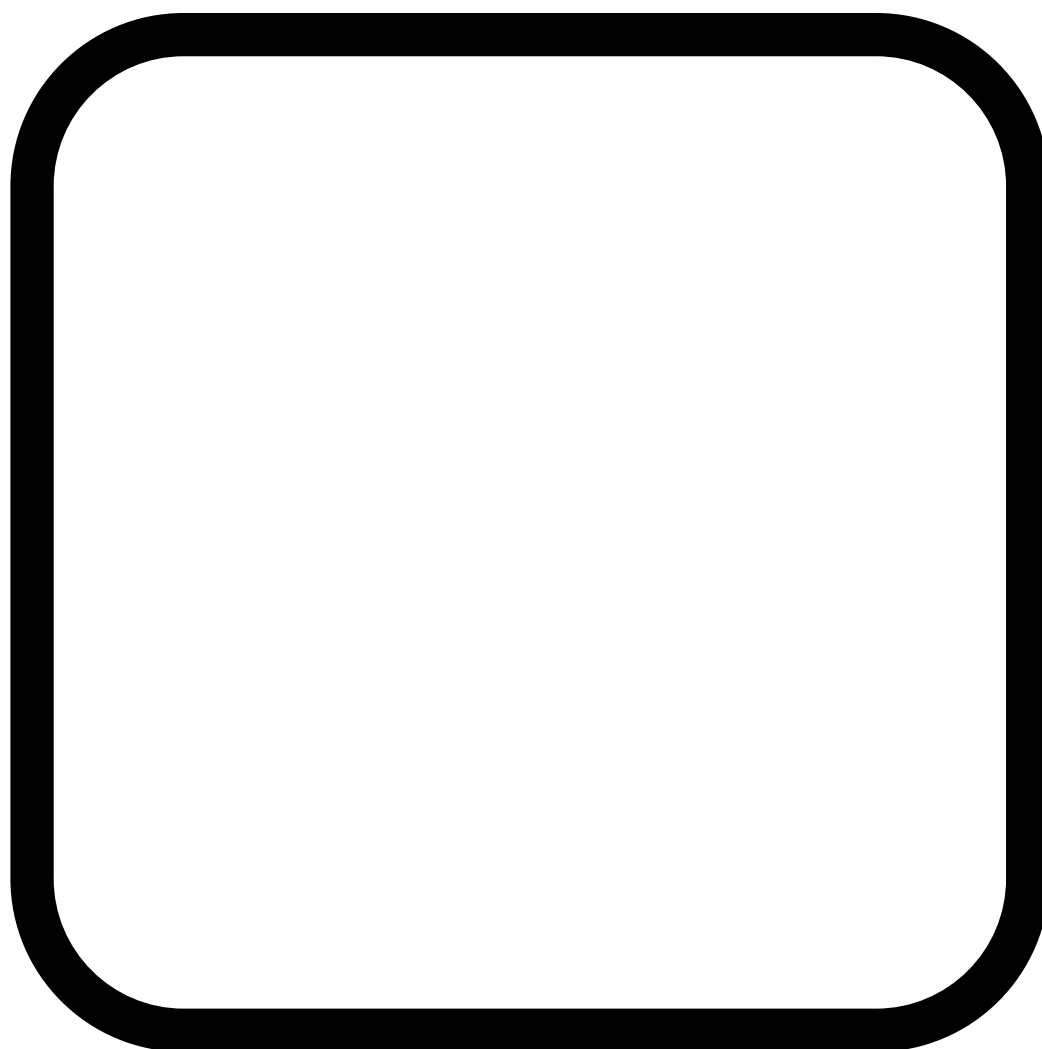


STABILIZING (CORE STRENGTH)

Strong, focused, centered

Pose name:

I feel:

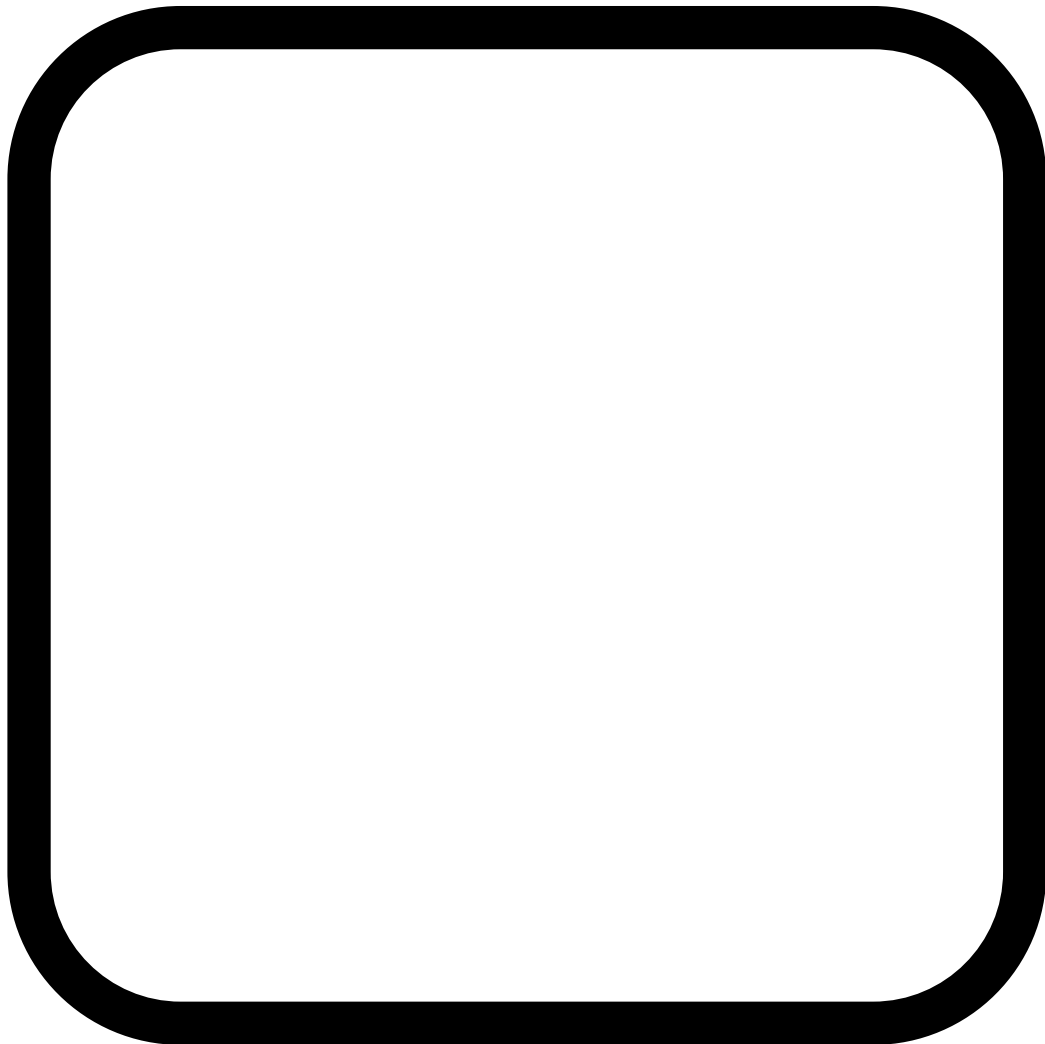


HIP OPENER

Confident, stable, calm, open

Pose name:

I feel:

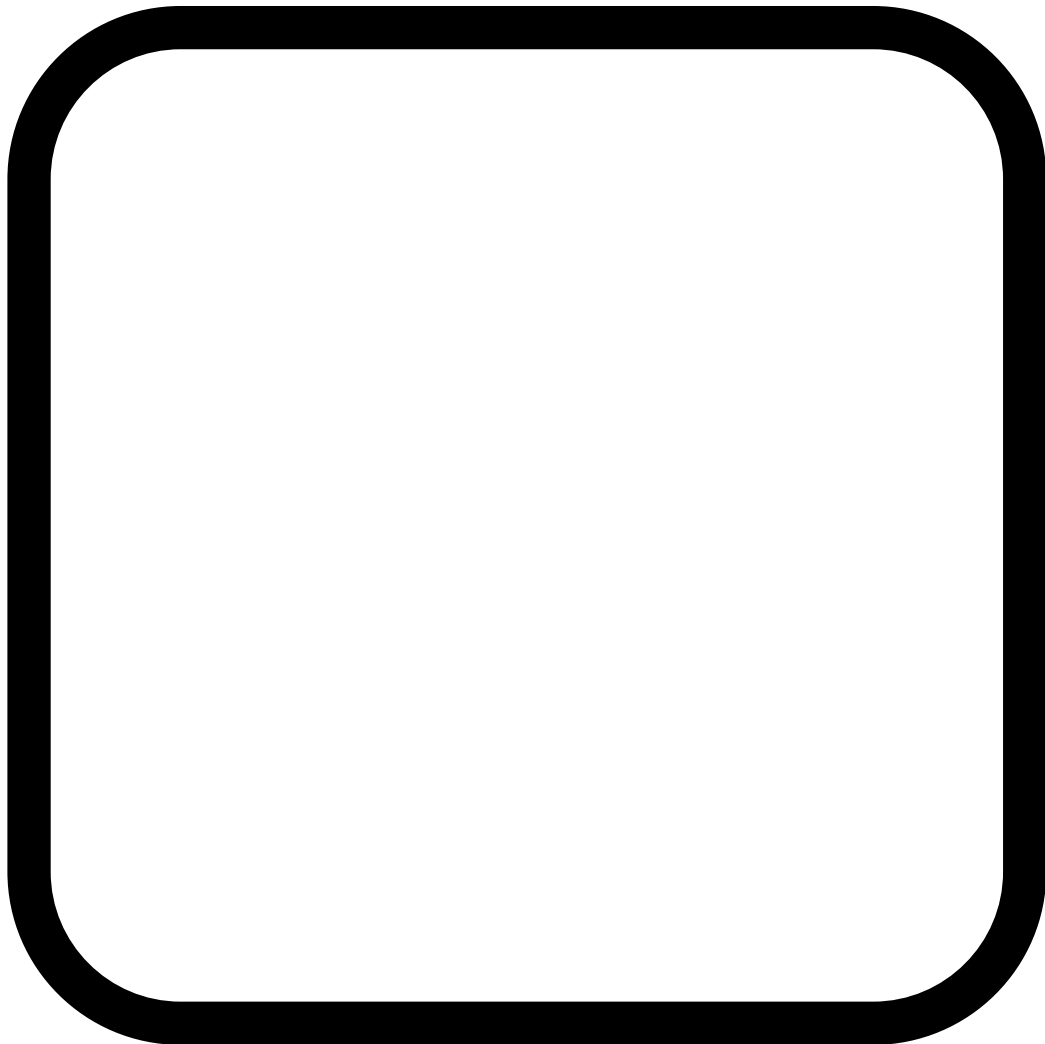


INVERSION

Supported, challenged, brave, bold

Pose name:

I feel:



SAVASANA

What would I like to think about?

Something that calms me and relaxes me,
or a scene I would like to imagine:

FINAL POSE ORDER

Put them in an order that feels good!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

- When you practice your sequence, make sure to switch sides each time so you do the poses on the left and right equally.
- Take deep breaths for each pose to get the full benefits of the sequence.