

Om yoga flow™

100-HOUR CHILDREN'S YOGA TEACHER TRAINING

POSTURES – PART 1

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Breath/Warm Up Poses



Easy Pose



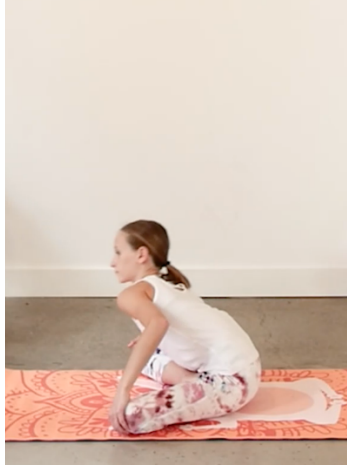
How To

Sit down and cross your legs (or criss-cross applesauce the legs). Sit up nice and tall, with the top of the head reaching for the sky. Rest hands on the legs, palms face up or down.

Creative Cue

How tall and long can you look?

Around the World (Sufi Grind)



How To

Sitting in criss-cross applesauce, place the hands on the legs and begin to circle the torso in one direction. The chest moves forward, to the side, back, to the other side, and forward again. After many times, circle in the other direction.

Creative Cue

We are going around the world!! what country should we go to?

Sentad Twist Pose



How To

Sitting with the legs crossed, place the right hand behind and close to the body. Place the left hand on the right leg. Rotate the spine and head to the right. Sit tall in the twist.

Change to the other side: left hand behind, right hand on the left leg, twisting to the left.

Return to center. Try the twist again on both sides!

Creative Cue

Name something you see behind you.

Neck Turns (Seated or Standing)



How To

From seated or standing, with the head over the spine (ears over shoulders), turn the head to the right, turn the head to the left. Repeat slowly multiple times.

Creative Cue

How still can you keep your shoulders?

Shoulder Shrugs (Seated or Standing)



How To

From seated or standing up, shrug the shoulders up to the ears, then let them drop down away from the ears. Repeat multiple times.

Variation: roll the shoulders up to the ears, down the back, up to the ears, down the back. Repeat multiple times.

Creative Cue

Can you touch your ears with your shoulders?

Joint's Warm Up



How To

Feet: from seated, circle the ankles multiple times in both directions.

Wrists: circle the wrists multiple times in both directions.

Hips: circle the hips forward, to the side, to the back, to the other side, repeat multiple times.

Creative Cue

What other joints could we circle?

Train Ride



How To

Sit down with the legs straight out, arms at the side, elbows bent, palms facing towards each other. Glide the right hip, leg, and shoulder forward, then the left hip, leg, and shoulder forward, swing the arms to help to find the momentum of a choo-choo train moving on the track.

Creative Cue

Can you make the sound of a train in locomotion?

Sentad Cat/Cow



How To

Sit down with the knees bent and the feet on the floor. Wrap the hands around the shins or legs and begin to move back and forth in cat cow. As you breathe in, roll forward on the pelvis and bring the spine forward and up; as you breathe out, roll back on the pelvis and round the spine.

Creative Cue

When you inhale, imagine your spine like a cow's spine. When you exhale, imagine your spine like a cat's spine.

Cat / Cow



How To

From hands and knees, make the shape of an angry cat by rounding the back and looking at the belly. Now make the shape of a cow by lifting the tail and chest up to the sky, looking forward and up. Move back and forth between cat and cow.

Creative Cue

Try hissssss-ing like an angry cat and moo-ing like a happy cow!

Child's Pose



How To

Come onto the hands and knees and sit back to rest on the feet. The knees can be closer together or wider apart. Rest the head on the mat, with arms relaxed at the side. Or stack the hands to make a pillow for the head.

Creative Cues

Pretend you are strong and steady like a rock in this pose!

How long can you stay still like a rock in this pose?

Bicycle Legs (on back)



How To

Lay down on the back and lift the legs up towards the sky. Begin to move the legs in the action of riding a bicycle. Repeat multiple times.

Creative Cue

Lift your hands and hold onto an imaginary bike and begin to pedal your bike upside down. Can you go faster?

Yoga Dance



How To

Play some upbeat music and dance!

Note: If you don't have music, you can direct the children to move freely and imagine their favourite music. You may begin moving specific body parts and build up until the whole body is moving.

Creative Cue

Dance like nobody is watching!

Strengthening Poses



Boat Pose



How To

From seated position, knees bent and feet on the ground, place the hands behind the legs. Move the belly towards the spine, lift the chest, and lean back slightly. Roll back on the seat and lift the feet off the ground. Feet can stay lower to the ground or higher to the sky.

Hands can stay on legs or bring the arms out to the side.

Creative Cues

- Can you balance like a boat bobbing in the ocean waves?
- Sing the "Row, Row, Row, Your Boat" song!
- You can turn your boat into a paddleboat, a canoe, a kayak, or any other size boat!

Downward Facing Dog Pose



How To

From hands and knees, spread the fingertips wide apart and press the hands firmly into the mat.

Tuck the toes under, lift the hips up and back, making an upside-down V shape. Try wagging the tail like a happy dog by lifting one leg up. Bend and straighten the knee to waggle the tail. Waggle the other side.

Creative Cues

- Imagine you are a dog stretching in this pose! What kind of dog are you? Can you wag your tail like a happy dog?
- Have fun barking like a dog during or after this pose!

Dolphin Pose



How To

From hands and knees, lower onto the forearms with the fingers interlaced. The arms will form an upside-down V shape. Knees can stay down or tuck the toes and lift the hips up. Rock forwards and backwards.

Creative Cues

- Can you mimic the movement of a dolphin playing in the water?
- What sound does a dolphin make?
- Imagine you are the fin of a dolphin.

Dolphin Plank Pose



How To:

From hands and knees, lower onto the forearms with the fingers interlaced. Tuck the toes under, pull the belly towards the spine. Walk the feet back and make the shape of a plank of wood. The head stays level to the back body. Try to keep the plank sturdy and strong!

Creative Cue

- Imagine you are a playful and friendly dolphin in this pose!

Plank Pose



How To

From hands and knees, spread the fingertips wide apart and press the hands firmly into the mat. Firmly pull the belly towards the spine. Step back onto the balls of the feet.

Keep the head level to the back body and the body strong like a plank of wood.

Creative Cue

- Imagine you are the plank in a pirate ship.

Low Plank Pose



Note: For tweens/teens only

How To

From plank, shift the chest slightly forward, keep the elbows tucked into your side and slowly lower down. Can you float above the ground maintaining the plank shape? Keep the head level to the back body. Lower all the way down to the belly when ready.

Creative Cue

- How long can you hold it for?

Rainbow Pose



Note: For tweens/teens only

How To

From Downward Facing Dog pose, walk the feet together and pivot onto the right hand as you stack the feet. If this feels tippy, bend the left leg and put the left foot down in front of or behind the right leg. Reach the left arm up and overhead.

Come back to Downward Facing Dog to switch sides.

Creative Cues

- Pretend you are like a beautiful rainbow beam!

Standing Poses



Sun Flow (Sunrise, Sunset & Horizon)



How To

Start in Mountain pose, with our heels down and the crown of our head lifting up and up!

Inhale, take your arms out to the side and up towards the sky. Reach your fingers toward the sky and make yourself long and tall! This is Sunrise pose.

Exhale, dive down, bring your hands to your shins, and bend your knees a little bit. Everyone's sunset will look different. Let your head hang heavy and relax here. This is our Sunset pose!

Inhale, bring your head and torso up halfway. Reach the crown of your head forward. This is Horizon pose.

Exhale, bring your arms back down toward your mat for Sunset.

Inhale, step your feet back to Plank.

Exhale, keep your spine in a straight line, and lower belly down on the mat.

Inhale, chest up, look forward for Cobra.

Exhale, press up to your hands and knees, and lift your pelvis up and back for Downward Dog.

Inhale, step your feet forward to your hands, back to Sunset and exhale.

Inhale, bring your head and torso up halfway. Reach the crown of your head forward. Back to Horizon pose. Exhale hands down.

Inhale, bend your knees and come back into your Sunrise pose! Reach your arms up and up toward the sky!

Bring your arms back down to your sides and back to Mountain pose.

Creative Cues

- Sunrise ~ Imagine you are the bright and shining sun, rising early in the morning during sunrise!
- Sunset ~ Pretend that you are the bright and shining sun and you are setting at sunset after a long day!
- Horizon ~ Imagine you are like the sun halfway on the horizon in the sky here!
- Plank ~ Imagine you are walking the plank like a pirate in your plank pose!
- Cobra ~ Pretend you are a slithery cobra in your cobra pose! Can you make the sound of a cobra? Sssssssssssssssss
- Downward Dog ~ Imagine that you are a dog stretching in your Downward Facing Dog pose!

Mountain Pose



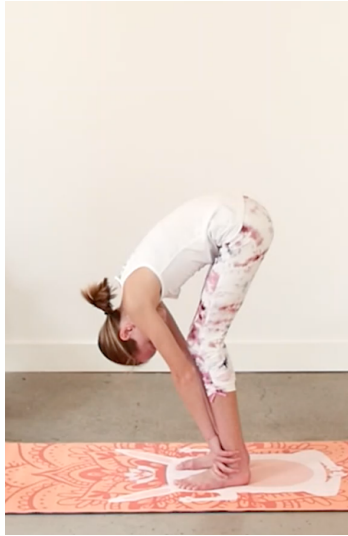
How To

Stand with parallel feet, hip-distance apart. Balance the weight evenly over the feet. Align the ears over the shoulders. Rest the arms alongside the body. Reach the top of the head up towards the sky.

Creative Cues

- Stand tall and steady like a mountain top!

Standing Forward Fold Pose



How To

From Mountain Pose, place hands on the hips (or sweep arms up to the sky). Slightly bend the knees, shift the sitting bones back, hinge from the hips to forward fold. Relax the head down towards the ground. Hands can rest on legs or ground.

Creative Cue

- Can you touch your toes?

Chair Pose



How To

From Mountain Pose, bend the knees and sit back onto an imaginary chair. Move the arms up beside the body, palms facing in. Look down to see the toes with knees pointing straight ahead. Keep your chair strong and steady!

Creative Cues

- Sit into your imaginary chair!
- See how long you can stay in your imaginary chair!
- Pretend you are a skier in this pose!
- Imagine that you are almost down the mountain in your Skier pose!

Warrior II Pose



How To

Step the feet wide apart, front toes face forward, back toes point to the side. Bend into the front knee and lift the arms out nice and wide. Imagine you are surfing the ocean waves! Keep the legs strong and the gaze steady down the front arm to help you balance on your imaginary surfboard.

To change sides pivot or jump the feet in the other direction.

Creative Cue

- Imagine you are strong and brave like a warrior here!

Side Angle Pose



How To

From Warrior II pose set up, tilt the pelvis to side bend over the bent right leg. Rest the right hand or elbow on the knee and reach the left arm overhead. Come back up to Warrior II and straighten the right leg. Pivot the left foot out, bend the left knee and tilt the pelvis to side bend over the left leg. Rest the left hand or elbow on the knee and reach the right arm overhead. Return to Warrior II and straighten the left leg.

Creative Cue

- The top arm is forming the frame of a window, take a look out the window! What do you see? I can see you!

Triangle Pose



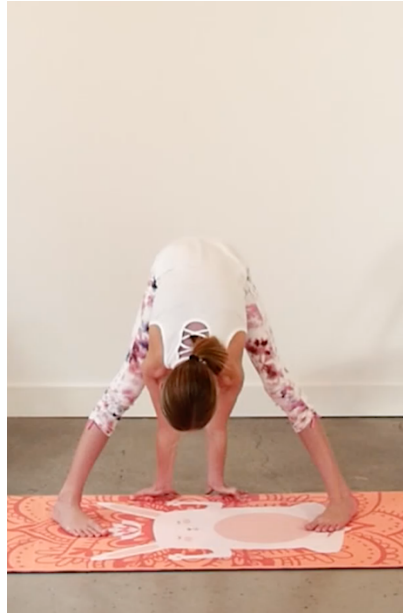
How To

Step the feet wide apart, with front toes pointing forward and back toes pointing to the side. Reach the arms out wide, in line with the shoulders. Now tip like a teapot pouring tea from the spout over the right leg. Rest the right hand on the right leg and reach the left arm up to the sky. Look up, down, or to the middle, depending on how it feels for the neck.

Creative Cue

- Imagine you are a pointy triangle in this pose!

Standing Wide-Legged Forward Fold Pose



How To

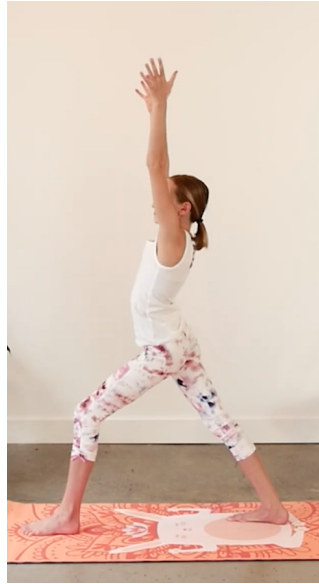
Stand with feet wide apart, toes pointing forward. Place the hands on the hips. Hinge forward from the hips, tilting the tail up to the sky and lowering the head toward the ground. Place the hands on the legs or the ground to help you balance.

To come out, place hands back on hips, lift the chest and head up, carefully come back up to standing.

Creative Cues

- Imagine you are folding down like a piece of paper!
- Pretend like your head is heavy in this pose like a bowling ball!
- You can nod your head back and forth like you are saying 'yes' or 'no'!
- You can shrug your shoulders like you are saying 'maybe'!

Warrior I Pose



How To

Step the feet wide apart with the front and back toes facing forward. Bend the front knee and reach the arms straight up overhead. Keep the gaze steady like a brave and peaceful warrior.

Pivot or jump the feet to the other side.

Creative Cues

- Take your arms up to the sky like you are climbing a tree! Clap your hands like you are giving yourself a high five when you get up to the top of your tree.
- Imagine you are strong and brave like a warrior here!

High Lizard Pose



How To

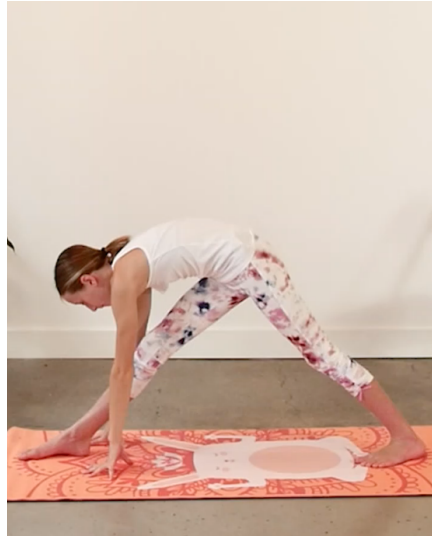
From Downward Facing Dog, step the right foot forward into lunge, place the fingertips on either side of the foot. Stay up on the ball of the left foot. Draw the belly towards the spine to stay strong as the torso and arms rise up.

Return to Downward Facing Dog to do the other side.

Creative Cues

- Imagine you are a lizard in this pose!
- Stick your tongue out like a lizard here to catch some flies!
- Stick your tongue out like a lizard and go "hissssss"!
- Sway from side to side like a lizard and pretend like you see a fly you are going to put on your tongue!

Pyramid Pose



How To

Step the feet apart with the front and back toes facing forward. Keep the legs straight.

Bring the hands behind and interlace the fingers. Hinge from the hips to bow over the left thigh and try to kiss the knee as arms sweep up towards the sky. Come back up, pivot the feet to do the other side.

Creative Cues

- Imagine you are like a pyramid here in your Pyramid pose!
- Fold forward like you are a piece of paper!
- Imagine your head is heavy in your Pyramid pose, like a really heavy bowling ball!

Frog Pose



How To

From Mountain pose, step the feet a bit wider apart, turn the toes out slightly and sit down into a Frog Squat. Heels may be touching the ground or lifted.

Creative Cues

- Try hopping around like a frog!
- Stick your tongue out like a frog and see how many flies you can catch!

Notes