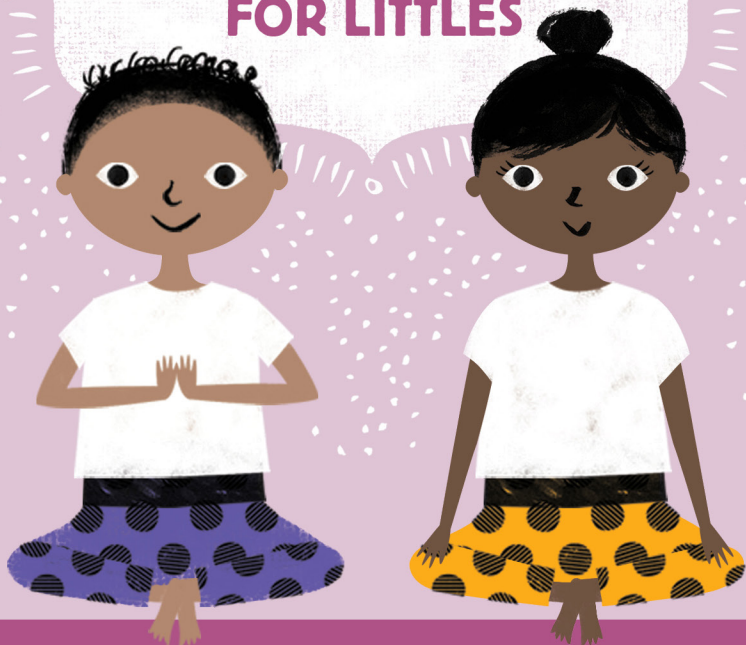


LANA KATSAROS

illustrated by ALISON OLIVER

YOGA

FOR LITTLES



50 EASY-TO-FOLLOW GUIDED FLOWS FOR YOU & YOUR LITTLE YOGI

BEGINNER TREE



BEGINNER TREE



BENEFITS: balance and strength;
blood flow to the heart

- Start in the standing position
- Find a point on the floor and focus your gaze on it
- Shift your weight onto your right leg
- Lift your left leg and bring the sole of the foot to the inside of the right (supporting) leg
- With palms pointing to the ceiling, slowly bring your arms up from your side a few inches
- Slowly join both hands in front of your chest, keeping your balance and breathing steadily
- Hold for 30 seconds
- Repeat for other side of body

1-3 MINUTES

CHILD



CHILD



BENEFITS: peaceful body;
connection to breath

- Start by kneeling
- Sit on your heels
- Bend all the way forward
- Gently rest your forehead on the floor
- Rest arms on each side of your body, palms up
- Breathe

For Toes Variation, follow the instructions above, and tuck your toes under.

For Wide Child Variation, follow the instructions above, and bring your arms out in front of you, palms down.

1-5 MINUTES

LEGS UP THE WALL



LEGS UP THE WALL



BENEFITS: blood flow and circulation;
rest and calm

- Lie on your back, scooting your bottom close to the wall you will be using for this pose
- Gently lift your feet up and extend your legs to rest against the wall
- Make sure your body is in an “L” shape
- Allow your feet and legs to rest against the wall as you breathe

MERMAID SIDE STRETCH



MERMAID SIDE STRETCH



BENEFITS: stretch; strength

- Sit on your bottom
- Place both legs to the left side of your body, with knees bent and feet tucked slightly behind you
- Hold both ankles with your left hand
- Stretch your right arm straight above your head
- Slightly reach for up to 30 seconds while breathing
- Repeat for other side of body

HEART



HEART



BENEFITS: cooperation; stretch

PARTNER POSE

- Both partners stand side-by-side, facing forward with legs stepped wide apart
- Partner 1's right foot should be touching Partner 2's left foot
- Partner 1: take Partner 2's left hand with your right hand to form the bottom of a heart
- Both partners lean in toward each other
- Partner 1: reach above your head with your left hand and take Partner 2's right hand to form the top of a heart
- Hold for up to 30 seconds
- Partner 1 and 2 switch roles