

Yoga Sequence for Children (Age 3-5)

Undine Almani



1. Mountain Pose
Tadasana



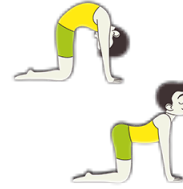
2. Palm Tree Pose
Side Bend Parsva
Bhanga



3. Palm Tree Pose
Side Bend Parsva
Bhanga



4. Standing Forward
Fold Pose
Uttanasana



5. Cat Cow Pose
Bitilasana
Marjaryasana



6. Downward Facing
Dog Pose Adho
Mukha Svanasana



7. Warrior Pose II
Virabhadrasana II



8. Downward Facing
Dog Pose Adho
Mukha Svanasana



9. Warrior Pose II
Virabhadrasana II



10. Standing
Forward Fold Pose
Uttanasana



11. Garland Pose
Malasana



12. Staff Pose
Dandasana



13. Bound Angle
Pose Baddha
Konasana



14. Head to Knee
Pose Janu
Sirsasana



15. Head to Knee
Pose Janu
Sirsasana



16. Happy Baby
Pose Ananda
Balasana



17. Cat Cow Pose
Bitilasana
Marjaryasana



18. Half Pigeon Pose
Ardha Kapotasana



19. Sleeping Swan
Pose Kapotasana II



20. Half Pigeon Pose
Ardha Kapotasana



21. Sleeping Swan
Pose Kapotasana II



22. Wide Legged
Forward Fold Pose
Prasarita
Padottanasana



23. Beginner Tree
Pose Beginner
Vrksasana



24. Beginner Tree
Pose Beginner
Vrksasana



25. Cobra Pose
Bhujangasana



26. Sage Marichi
Pose C
Marichyasana C



27. Sage Marichi
Pose C
Marichyasana C



28. Corpse Pose
Savasana