

# YOGA FOR KIDS

## NAME - SURYA NAMASKAR [ SUN SALUTATION]

Surya Namaskar or sun salutation is a sequence of 12 powerful yoga poses. Surya Namaskar is also known to have an immense positive impact on the body and mind. The best time to do surya namaskar is early in the morning on an empty stomach.

### **TECHNIQUE**

	<p><b>Step 1. Pranamasana (Prayer pose)</b></p> <p>Stand straight, legs together.</p> <p>Inhale and lift both your arms up. Then, exhale, and bring your palms in front of your chest in a prayer position.</p>		<p><b>Step 2. Hasta Uttanasana (The Raised Arms Pose)</b></p> <p>Inhale, lift the arms up and back, keeping the biceps close to the ears.</p> <p>Your effort through this pose must be to stretch your whole body.</p>
	<p><b>Step 3. Hastapaadasana (Hand to Foot pose)</b></p> <p>Exhale, fold forward, and press your palms down, fingertips in line with toes - bend your knees if necessary.</p> <p>As you exhale completely, bring the hands down to the floor beside the feet.</p>		<p><b>Step 4. Ashwa Sanchalanasana (The Equestrian Pose)</b></p> <p>Inhale, and push your Left Leg back, as far as you possibly can.</p> <p>Bring the right foot forward in between the two hands.</p> <p>Arch back and look up, lifting your chin.</p>
	<p><b>Step 5. parvatasana mountain pose</b></p> <p>Exhale, curl your toes under, raise your hips and pivot into an inverted "V" shape.</p> <p>Try to push your heels and head down and keep your shoulders back.</p>		<p><b>Step 6. Ashtanga Namaskara (The Salute With Eight Parts)</b></p> <p>Gently bring your knees down to the floor, and Exhale.</p> <p>Bend the knees to the floor and then lower your chest and chin to the floor.</p> <p>The two hands, two feet, two knees, chest and chin (eight parts of the body touch the floor).</p>



**Step 7. Bhujangasana  
(The Cobra Pose)**

Inhale and raise your upper body into Cobra pose.

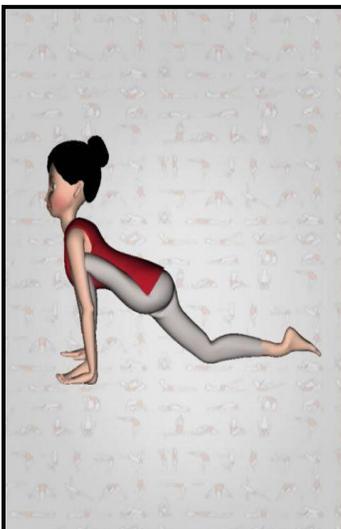
Keep your elbows bent in this pose, the shoulders away from the ears. Look up.



**Step 8. parvatasana  
mountain pose**

Exhale, curl your toes under, raise your hips and pivot into an inverted "V" shape.

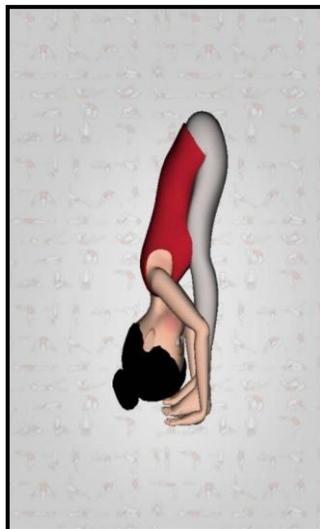
Try to push your heels and head down and keep your shoulders back.



**Step 9. Ashwa Sanchalanasana  
(The Equestrian Pose)**

Inhale, and push your Right Leg back, as far as you possibly can.

Bend your Left Knee, and place your arms next to your feet.



**Step 10. Hastapadaasana  
(Hand to Foot pose)**

Exhale, fold forward, and press your palms down, fingertips in line with toes - bend your knees if necessary.

As you exhale completely, bring the hands down to the floor beside the feet.



**Step 11. Hasta Uttanasana  
(The Raised Arms Pose)**

Inhale, lift the arms up and back, keeping the biceps close to the ears.

Your effort through this pose must be to stretch your whole body.



**Step 12. Pranamasana  
(Prayer pose)**

Stand straight, legs together.

Inhale and lift both your arms up. Then, exhale, and bring your palms in front of your chest in a prayer position.

## **Benefits:**

- Helps lose weight.
- Glowing skin.
- Better digestive system
- Improves blood circulation.
- It stimulates abdominal muscles, respiratory system, Nervous system and other internal organs.
- Tones the spine, neck, shoulders, arms, back, leg muscles, thereby promoting overall flexibility.
- Strengthens the immune system.
- Improves overall health, strengthens the body and relaxes the mind.

## **For your reference:**

<https://www.youtube.com/watch?v=5TdyjOAnXoQ&feature=youtu.be>

<https://www.youtube.com/watch?v=bQWfH6CpL8w&feature=youtu.be>

<https://www.youtube.com/watch?v=8IBI8CfryEA&feature=youtu.be>

**Note** - You might find several versions on how to practice surya namaskar. However, it is advisable to stick to one particular version and practice it regularly for best result.

## **NAME - SHAVASANA [CORPSE POSE]**

Shavasana is usually performed at the end of a yoga practice for relaxation. This asana is highly beneficial for relaxing the mind and the body, along with it there are several other benefits of shavasana.

## **TECHNIQUE**



**STEP 1** - Lie flat on your back, legs should be separated.

**STEP 2** - Keep your arms at your side, palms facing upwards and just relax.

**STEP 3** - Close your eyes and breathe deeply.

**STEP 4** - Concentrate on each body part from your head to your toes.

**STEP 5** - On each inhaling and exhaling [breathing] think that your body is totally relaxed. Let your tension, stress, depression and worry run away on each exhale. You can practice this asana for about 3 to 5 minutes.

## **BENEFITS**

- It relaxes your whole body.
- Reduces stress, fatigue, depression, anxiety and tension.
- Improves concentration.
- Relaxes your muscles.
- Improves blood circulation.
- It calms the mind and improves mental health.
- It helps to cure insomnia.
- This posture leaves you in a state of rejuvenation. It is the perfect way to end a yoga session.

## **NOTE**

- Repeat the asanas and pranayama given earlier along with the new ones.
- All the asanas and breathing exercises should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before attempting these asanas and pranayama.
- Do not strain your body and avoid pushing yourself beyond your abilities while performing the asanas.

### **For your reference:**

<https://www.youtube.com/watch?v=3KGHzL2VG7o&feature=youtu.be>

<https://www.youtube.com/watch?v=SfAoPVt64LE&feature=youtu.be>