

Yoga for Kids (Ages 10–12): A Simple Illustrated Guide

Disclaimer:

This guide is for informational purposes only. Please ensure all yoga poses are performed under adult supervision or proper instructor guidance.

Yoga Poses for Children (with Descriptions & Illustrations):

1. Tree Pose (Vrikshasana)

How to do it: Stand tall, lift one foot to inner thigh, hands up.

Benefits: Improves balance and focus.



2. Butterfly Pose (Baddha Konasana)

How to do it: Sit, press feet together, flap knees gently.

Benefits: Stretches inner thighs and calms the mind.



3. Cat-Cow Pose (Marjaryasana-Bitilasana)

How to do it: On all fours, arch back up and down.

Benefits: Strengthens the spine and improves flexibility.



4. Cobra Pose (Bhujangasana)

How to do it: Lie on tummy, lift chest with hands on ground.

Benefits: Opens chest and strengthens the back.



5. Child's Pose (Balasana)

How to do it: Kneel, bend forward, stretch arms ahead.

Benefits: Relaxing and great for stress relief.



6. Mountain Pose (Tadasana)

How to do it: Stand straight, arms up, deep breaths.

Benefits: Improves posture and balance.



7. Bridge Pose (Setu Bandhasana)

How to do it: Lie on back, lift hips with knees bent.

Benefits: Strengthens core and legs.



8. Happy Baby Pose (Ananda Balasana)

How to do it: Lie on back, grab feet, rock side to side.

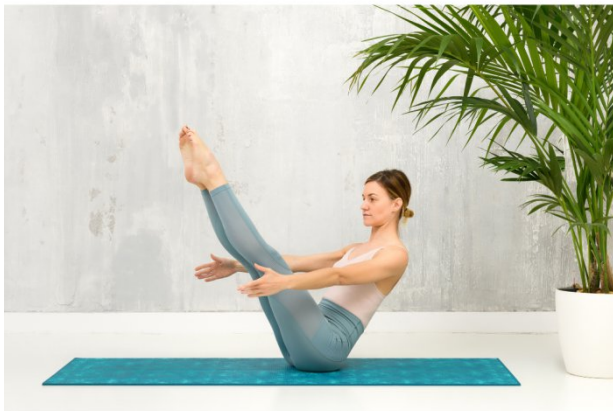
Benefits: Relieves lower back and calms the brain.



9. Boat Pose (Navasana)

How to do it: Sit, lift legs, balance on hips, arms forward.

Benefits: Builds core strength and coordination.



10. Seated Forward Bend (Paschimottanasana)

How to do it: Sit with legs forward, reach for toes.

Benefits: Stretches spine and helps digestion.

