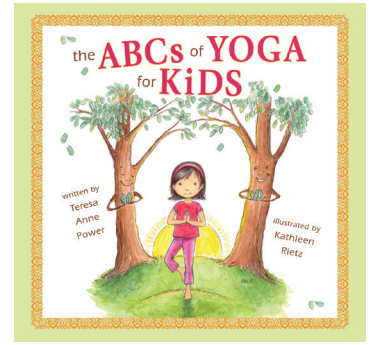




JUST 5 MINUTES OF YOGA CAN CHANGE YOUR LIFE FOREVER

5-Minute-a-Day Yoga Routine

for kids, adults, and families



THE FOLLOWING 10 POSES are a fun yoga routine for both adults and kids of all ages to practice for just 5 minutes a day to become calm, fit, and flexible. Practicing simple yoga postures is the ideal way to naturally unwind and obtain physical activity at the same time. Children and adults of all ages and sizes and varying degrees of flexibility can practice yoga, a non-competitive form of exercise. There is no need to have a yoga mat; a beach towel or carpet is sufficient. You may want to have *The ABCs of Yoga for Kids* book or flashcards nearby to refer to. You can flow from one pose to the next, holding each posture for around 20 seconds before moving on. Remember to breathe in and out through your nose while practicing the postures. Focusing on the breath can have a positive impact on your mood and energy levels. End with Do Nothing Pose; close your eyes and stay still for at least 60 seconds to gain all the benefits of the previous postures.



1. Candle



2. Cow



3. Cat



4. Dog



5. Flamingo



6. Tree



7. Cobra



8. Airplane



9. Bridge



10. Do Nothing Pose

Illustrations by Kathleen Rietz
and excerpted from
the award-winning, international bestseller
The ABCs of Yoga for Kids
by Teresa Anne Power

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