

YOGA-ALPHABET for Kids



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Instructions and Benefits

Dear little and big yogis,

on the following pages you will find a short explanation of the effect for each YOGA-ALPHABET card and a description of how to introduce the respective asana.

When doing yoga with children, the focus should always be on having fun.

«We can do everything, but we don't have to do anything!» should always be the motto!

Please see my instructions as a guide and not as a mandatory rule. Everyone does it as best they can. One isn't as agile, the other doesn't have as much strength or endurance. It doesn't matter, as long as everyone enjoys it.

I am very happy that you would like to practice children's yoga with my YOGA-ALPHABET cards and I hope you will have a lot of fun with it.

With love

Karyna

A – Alligator or *Supta Ardha Matsyendrasana*

Benefits:

- Gently stretches and mobilizes the spine.
- Relaxes the back and eases minor tensions.
- Provides a gentle massage to the abdomen, promoting better digestion.
- Helps to calm the mind and encourage relaxation

Instructions:

1. Lie on your back and extend your legs.
2. Bend your right knee and slowly pull it toward your chest. Let the knee gently tilt to the left, while keeping your arms and shoulders on the ground.
3. Turn your head slightly to the right.
4. Breathe calmly and hold the pose for a few breaths.
5. Slowly return to the starting position, extend your leg, and repeat the twist on the other side.

B – Butterfly or *Baddha Konasana*

Benefits:

- Promotes healthy posture by strengthening muscles for an upright seat.
- Stretches the inner thighs and enhances hip mobility.
- Helps release tension and calm the mind.
- Supports body coordination and motor skill development.

Instructions:

- Sit comfortably on the floor with your back straight.
- Bring the soles of your feet together and hold them with your hands, gently pulling your heels closer to your body.
- Move your knees up and down gently, like the wings of a butterfly.
- Allow your knees to slowly sink outward and downward without forcing them, keeping your back upright.
- Stay in this position for a few breaths and relax.
- To finish, slowly bring your legs back together with your hands.

C – Chameleon or *Utthita Parsvakonasana*

Benefits:

- Strengthens ankles, knees, thighs, and Achilles tendons.
- Stretches the sides of the body, enhancing flexibility in the torso.
- Improves balance and concentration.
- Promotes healthy posture and helps straighten the back.

Instructions:

1. Stand on the mat with your legs wide apart and your back upright.
2. Keep your feet parallel or turn your right foot outward and your left foot slightly inward.
3. Raise your arms until they are parallel to the floor.
4. Bend your right knee.
5. Lean to the right, placing your right hand on the floor in front of your right foot.
6. Extend your left arm upward so that your left hand points diagonally toward the sky.
7. If comfortable, turn your head to look up at the sky.
8. Bring your body back up and return to the starting position.
9. Repeat the sequence on the other side.

D – Dog or *Adho Mukha Shvanasana*

Benefits:

- Strengthens arms, shoulders, wrists, and ankles.
- Stretches the legs, back, and feet muscles.
- Boosts concentration by improving blood flow to the head.
- Reenergizes and helps combat fatigue.

Instructions:

1. Start on all fours with your hands placed directly under your shoulders and your knees under your hips.
2. Tuck your toes so they touch the ground.
3. Inhale and lift your hips upward until your back and arms form a straight line.
4. Keep your knees slightly bent to ensure comfort and avoid overextending your legs.
5. Hold the pose for a few deep breaths, then slowly return to all fours.

E – Eagle or *Garudasana*

Benefits:

- Improves balance and strengthens core stability.
- Enhances focus and promotes a sense of calm.
- Stretches and relaxes the shoulders and neck.
- Increases mobility in the hips and legs.
- Relieves tension in the lower back.

Instructions:

- Stand upright with your feet hip-width apart, toes pointing forward.
- Slightly bend your knees, lift your left foot, and cross your left leg over your right. If possible, wrap your left foot around your right leg.
- Bend your arms and cross your left arm over your right, bringing your palms together if possible.
- For younger children: Stretch your arms out to the sides like wings to help with balance.
- Hold the pose and breathe calmly, focusing on staying still.
- Switch sides and repeat the exercise.

F – Frog or *Malasana*

Benefits:

- Strengthens the back muscles and promotes an upright posture.
- Increases mobility in the spine and hip joints.

Instructions:

- Stand with your feet slightly wider than hip-width apart, toes pointing slightly outward.
- Slowly lower yourself into a squat, keeping your feet firmly grounded.
- Bring your hands together in front of your chest in a “Namaste” position.
- Keep your back straight and your shoulders relaxed.
- Breathe calmly and hold the position for a few breaths.
- Slowly stand up by pressing your feet into the ground.

G - Giraffe or Trikonasana

Benefits:

- Stretches and strengthens the back, making it flexible and resilient.
- Tones and stretches muscles in the legs and feet.
- Enhances spinal flexibility and strengthens shoulders and neck.
- Aids digestion and promotes abdominal comfort.

Instructions:

- Step into a wide stance with your legs straight and back upright.
- Turn your right foot outward so it points to the right, with your left foot turning slightly inward.
- Slowly bend to the right as if reaching for the floor. Let your right hand slide down your right leg to a comfortable position.
- Extend your left arm upward toward the ceiling and look up at your raised hand.
- Take deep breaths, then slowly return to the center.
- Repeat the pose on the other side.

H - Heron

Benefits:

- Enhances balance and coordination.
- Improves concentration through focused attention.
- Strengthens leg muscles and increases stability.

Instructions:

- Stand upright with your feet together.
- Shift your weight onto one leg.
- Extend your arms to the sides like wings, then bring them forward with palms facing each other.
- Lift and bend your opposite leg so your thigh is parallel to the ground, with your foot resting just above the knee of your standing leg.
- Breathe steadily and focus on a fixed point to maintain balance.
- Hold the position for a few breaths, then gently lower your leg and return to the starting position.
- Switch legs and repeat.

I – Iguana or Kumbhakasana

Benefits:

- Strengthens the arms, wrists, and spine.
- Tones the abdominal muscles, building core strength.
- Improves posture and enhances stability.

Instructions:

- Start on all fours, with your hands directly under your shoulders and your knees under your hips. Keep your back straight.
- Tuck your toes under and extend your legs backward, forming a straight line with your body like a plank.
- Maintain a straight back and hold the position for a few breaths.
- Exhale slowly and lower your knees to return to all fours.

If the pose feels challenging, hold it only as long as it feels comfortable and take breaks as needed.

J – Jaguar or Chakravakasana

Benefits:

- Strengthens the back and abdominal muscles.
- Stretches the arms and legs.
- Encourages spinal alignment and balance.
- Develops coordination and lateral awareness.

Instructions:

- Begin on all fours, with your hands shoulder-width apart and your knees hip-width apart. Keep your back straight.
- Inhale: Extend your right arm forward, parallel to the ground.
- Exhale: Bring your right arm back to the ground.
- Repeat with your left arm.
- Inhale: Lift your right leg and stretch it backward, keeping your back straight and parallel to the ground.
- Exhale: Lower your right leg back to the ground.

To increase difficulty, inhale and simultaneously lift your right arm and left leg, keeping them parallel to the ground. Switch sides.

K – *Kitten or Marijasana-Bitilasana*

Benefits:

- Improves posture and strengthens the back.
- Increases spinal flexibility and suppleness.
- Stretches and strengthens the back and abdominal muscles.
- Massages abdominal organs and promotes digestion.

Instructions:

- Start on all fours, with your hands shoulder-width under your shoulders and knees hip-width under your hips. Keep your back neutral.
- Inhale: Lower your belly toward the floor, creating a gentle arch in your back. Push your chest forward and look up toward the ceiling.
- Exhale: Round your back upward like a cat stretching. Tuck your chin to your chest and gaze at your navel. Your pelvis tilts slightly forward.
- Repeat the movements slowly and fluidly for several breaths.

L – *Lion or Simhasana*

Benefits:

- Relieves tension in the face, neck, and upper body.
- Builds confidence and courage.
- Relaxes facial muscles and promotes deep breathing.

Instructions:

- Sit upright on your heels with your knees slightly apart. Rest your hands on your thighs, palms facing downward.
- Lean slightly forward and place your hands on the ground in front of you, fingers spread wide and palms facing inward.
- Take a deep breath in through your nose. Open your eyes and mouth wide.
- As you exhale, roar loudly like a lion: “UUUAAAA!” while sticking your tongue out as far as possible.
- Repeat a few times, then slowly return to sitting upright. Stretch your legs out and relax.

M – Mouse or Balasana

Benefits:

- Stretches the entire back and posterior chain.
- Relaxes the back and neck muscles.
- Gently massages the abdomen, aiding digestion.
- Calms the nervous system and promotes relaxation.

Instructions:

- Sit comfortably on your heels with your knees slightly apart.
- Slowly bend forward until your belly rests on your thighs and your forehead touches the ground.
- Let your arms slide backward until your hands rest beside your feet.
- Breathe evenly and calmly, allowing your back to relax.
- Stay in this position for a few breaths, then gently rise back up to the starting position.

N – Nestling or Apanasana

Benefits:

- Promotes relaxation of the lower back and relieves spinal tension.
- Supports healthy digestion.
- Enhances body awareness and fosters a sense of calm and security.
- Helps deepen breathing.

Instructions:

- Lie flat on your back on a comfortable mat.
- Bend both knees and gently draw them toward your chest, holding them with your hands either on your knees or shins.
- Ensure your back remains flat against the mat, feeling relaxed and supported.
- Allow your head and shoulders to rest comfortably on the floor as you relax.
- Breathe calmly and stay in this position for several deep breaths.

O - *Orang-Utan or Parivrtta Prasarita Podottanasana*

Benefits:

- Strengthens and stretches the sides of the torso.
- Enhances coordination between the right and left sides of the body.
- Supports digestion and tones abdominal organs.
- Strengthens thigh muscles and mobilizes the spine through gentle twists.

Instructions:

- Stand with your legs wide apart in a straddle position, keeping your legs straight and your back upright.
- Exhale and bend forward until your hands touch the floor between your feet.
- Raise your right arm out to the side and up toward the ceiling while twisting your torso to the right. Look up toward your right hand.
- Lower your right arm back down to the floor and repeat the movement with your left arm, twisting to the left.
- Slowly and gently return to an upright position and bring your feet back together.

P - *Palm or Tadasana*

Benefits:

- Improves posture.
- Enhances concentration.
- Boosts circulation and digestion.
- Strengthens the muscles supporting the back and legs.
- Promotes balance and composure.

Instructions:

- Stand upright with your feet hip-width apart, toes pointing forward.
- As you inhale, lift your arms out to the sides and then up overhead, palms facing each other.
- Raise your heels off the floor, standing on the balls of your feet.
- Breathe deeply and evenly, maintaining balance.
- Exhale as you lower your arms down to the sides and place your heels back on the ground.

Q - Quiet or Shavasana

Benefits:

- Helps the body fully relax and release tension.
- Encourages mindfulness and breath awareness.
- Calms the nervous system, reducing stress and inner restlessness.
- Supports physical recovery and renewal of energy.

Instructions:

- Lie flat on your back on a mat or a comfortable surface.
- Allow your legs to rest slightly apart, with your feet relaxed and toes falling outward.
- Rest your arms beside your body with palms facing upward, and keep your shoulders relaxed.
- Close your eyes and relax your entire body from head to toe.
- Breathe steadily and evenly, remaining in this position for several minutes.

R - Rabbit or Shashankasana

Benefits:

- Stretches the shoulders and improves upper back flexibility.
- Relieves tension in the lower back.
- Opens the chest and promotes deep breathing.
- Encourages relaxation and focus.

Instructions:

- Kneel on the mat and sit back onto your heels.
- Keep your knees slightly apart and clasp your hands behind your back.
- Gently draw your arms back and lift them slightly upward.
- Slowly bend forward until your forehead touches the ground, letting your arms relax over your head.
- Take a few deep breaths in this position before slowly sitting back up and releasing your hands.

S – *Swan or Eka Pada Rajakapotasana*

Benefits:

- Stretches the hips and enhances pelvic flexibility.
- Strengthens the leg and lower back muscles.
- Improves posture and balance.
- Relieves tension in the hips and lower back

Instructions:

- Start on all fours on the mat.
- Bring your right knee forward between your hands and place your right shin diagonally in front of you.
- Extend your left leg straight back, ensuring your hips face downward.
- Keep your upper body upright and place your hands beside your body on the mat.
- Breathe steadily and hold the position for several breaths before switching sides.

T – *Tree or Vrksasana*

Benefits:

- Promotes inner balance and mental stability.
- Encourages upright posture.
- Enhances focus and concentration.
- Opens the hips and strengthens ligaments in the feet and legs.
- Boosts confidence and discipline.

Instructions:

- Stand comfortably and upright, with your feet firmly planted on the ground.
- Shift your weight onto your left leg, lifting your right foot and placing it gently on the inside of your left leg.
- Place it on your thigh or shin, avoiding the knee joint.
- Focus on a fixed point to help maintain balance.
- Bring your hands together in front of your chest in a "Namaste" position or raise them gently overhead.
- Breathe calmly and evenly, maintaining relaxation.
- Slowly release the pose, lowering your foot, and repeat on the other side.

U – Unicorn

Benefits:

- Strengthens the back and abdominal muscles.
- Gently stretches and strengthens the arms.
- Promotes coordination and balance.

Instructions:

- Start on all fours, with hands shoulder-width apart and knees hip-width apart.
- Inhale and extend your right arm forward, parallel to the ground, as if forming a unicorn horn.
- Exhale and slowly lower your right arm back to the ground.
- Repeat the movement with your left arm, breathing evenly throughout.

V – Viper or Bhujangasana

Benefits:

- Strengthens the back muscles and supports healthy posture.
- Opens the chest and encourages deep breathing.
- Keeps the spine supple and relieves tension.
- Builds confidence through the proud, upright posture.

Instructions:

- Lie flat on your stomach on a mat, legs extended, and tops of your feet on the ground.
- Place your hands beneath your shoulders with elbows close to your body.
- Press your hands into the mat and lift your upper body, drawing your shoulders back.
- Look straight ahead or slightly upward without straining your neck.
- Breathe deeply, holding the position for a few breaths before lowering down.

W – Warrior or Virabhadrasana I

Benefits:

- Strengthens leg and foot muscles.
- Improves stability and balance.
- Stretches and enhances flexibility in the legs.
- Builds concentration, confidence, and calmness.

Instructions:

- Stand upright with your feet hip-width apart.
- Step your left leg back into a wide lunge, keeping your right knee bent and your left leg straight.
- Raise your arms overhead with palms facing each other.
- Gaze upward toward your hands if comfortable, keeping your back straight and breathing steadily.
- After a few breaths, lower your arms and step your left leg forward.
- Repeat on the other side by stepping your right leg back.

X – Mantra Om

Benefits:

- Calms the mind and harmonizes emotions.
- Promotes relaxation and inner peace.

Instructions:

- Sit comfortably with your back upright, either cross-legged or on a chair.
- Place one hand gently on your chest and the other on your abdomen to feel your breath.
- Inhale deeply through your nose. As you exhale, chant a long “AAAAA...” with your mouth open wide.
- Form your mouth into a small circle and chant “UUUUU...”.
- Close your lips softly and hum “MMMM...”, feeling the vibrations.
- Repeat the sequence several times and enjoy the sense of calm and relaxation.

Y – Yogi or Sukhasana

Benefits:

- Strengthens the back and abdominal muscles.
- Promotes relaxation and mental clarity.
- Encourages an upright posture.

Instructions:

- Sit comfortably on the floor, preferably on a mat or cushion, with your legs crossed loosely.
- Keep your back straight, shoulders relaxed, and head slightly lifted as if a string is gently pulling you upward.
- Rest your hands on your knees or thighs, palms facing up or down.
- Breathe evenly and deeply through your nose. Close your eyes if you wish and relax.
- Stay in the position for several breaths, feeling calm and grounded.

Z – Zebra or Parsvottanasana

Benefits:

- Stretches the backs of the legs and strengthens leg muscles.
- Increases hip mobility and improves balance.
- Helps lengthen the spine and enhance posture.
- Supports concentration and body alignment.

Instructions:

- Stand upright with your feet hip-width apart.
- Step your right foot back into a wide stance, aligning your hips forward.
- Keep both legs straight and bring your hands behind your back, either clasped or in a prayer position.
- Slowly fold your upper body forward over your left leg, keeping your hips aligned.
- Breathe steadily and hold the pose for a few breaths before switching sides.