

LOVING KINDNESS YOGA FOR KIDS



MAY I BE HAPPY: COBBLER'S POSE

Sit on the floor with your legs straight out in front and a tall spine. Bending your knees, slide your feet closer to your body, bringing the soles of your feet together. Draw your feet in as close to your body as is comfortable. Sit up tall, resting your hands on your ankles. Breathe slowly and say to yourself, "May I be happy."



MAY I BE HEALTHY AND STRONG: FLOWER POSE

Sit on the floor with your back straight, knees bent and the bottoms of your feet together. Slide your hands underneath your legs, palms up, and hold your ankles. Lift your bent legs, balancing back onto your sitting bones so that your feet are raised slightly off the floor. Hold this pose for two slow breaths and say to yourself, "May I be healthy and strong." Then gently lower your feet back to the floor.



MAY I BE SAFE AND LOVED: SEATED FORWARD BEND

Sit on the floor with your legs straight out in front of you. Stretch forward, reaching your fingers towards your toes. Hold your toes if you can. Take two slow breaths and say to yourself, "May I be safe and loved." Then sit upright slowly.



MAY YOU BE HAPPY: TRIANGLE POSE

Stand with your feet wide apart and your arms out to your sides. Turn one foot so it is pointing to the side. Bend at the hips to the same side as your pointed toe. Rest your lower hand on your thigh or ankle, keeping your upper arm stretched up to the sky. Hold for two breaths and thinking of a friend or family member, say to yourself, "May you be happy." Then return to standing. Repeat on the other side.



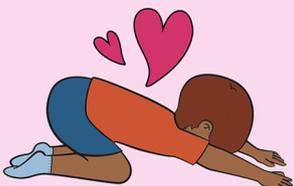
MAY YOU BE HEALTHY AND STRONG: WARRIOR II POSE

Stand tall with feet wide apart and arms by your side. Stretch your arms out to shoulder height, with palms facing down. Turn one foot out, from facing front to the side, and then bend the knee of that leg. Look beyond your fingertips on the same side. Hold for two breaths and thinking of a friend or family member, say to yourself, "May you be healthy and strong." Return to stand facing the front. Repeat on the other side.



MAY YOU BE SAFE AND LOVED: DANCER POSE

Stand tall with feet slightly apart and arms by your side. Bend one foot up behind you and hold it with the hand on the same side. Keep your body upright and raise your free hand above your head. Hold for two breaths and thinking of a friend or family member, say to yourself, "May you be safe and loved." Release your leg and return your hands to your sides. Repeat on the other side.



EXTENDED CHILD POSE

Kneel on the floor with big toes touching. Sit back on your heels and open your knees until they are as wide as your hips. Slowly bring your head down and rest it on the floor in front of you. Stretch your arms in front of you. Relax and breathe.