

Yoga Poses

What is Yoga?

Yoga is a form of exercise which involves a combination of stretching, breathing and mental relaxation or meditation. Yoga is a great way to develop your strength and flexibility. It's also a fun way to improve your concentration which can be a great benefit to you in school and while playing sports. The best thing about yoga is that you can do it anywhere! It requires no equipment or special clothing and you can practice it alone or share the experience with family and friends. Make sure to have a clear ground space and you're good to go!

Simple Sitting Pose

In yoga, we call this "Sukhasana". This pose helps strengthen the muscles in your back and increases your flexibility in your legs and hips.

- › Sit on the floor with your back up straight, nice and tall.
- › Cross your legs and bring your knees down towards the floor.
- › Place your hands either on your knees with your palms facing upwards, or rest them together on your lap.
- › Breathe in (inhale) deeply and breathe out (exhale) slowly. Hold the pose until you feel relaxed. Focus on your breathing as your chest expands on each breath.



laya Super troopers

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Child's Pose

In yoga, we call this pose “Balasana”. This pose helps you to release tension from your upper body and relax.

- › Place your hands and knees on the floor so you are on all fours like a young child about to crawl.
- › Begin to move your hips back towards the floor, sitting on your feet while keeping your hands faced down on the ground, stretching out your upper body.
- › Place your forehead on the floor and keep your arms stretched out.
- › Breathe in deeply and breathe out slowly. Hold this position; you should start to feel calm and relaxed.



Cobra Pose

In yoga, we call this “Bhujangasana”. This pose helps correct your posture while strengthening your muscles in your back, chest, arms and tummy.

- › Start on the floor, lying down on your tummy.
- › Bring your hands beneath your shoulders with your palms facing down.
- › Using your back and tummy muscles, push your chest up off the floor, keeping your hips at the floor and stretching out your spine. Make sure to only stretch as far as you feel comfortable.
- › Hold the pose and breathe in and out slowly, focusing on your breath as you do so.

