

# Yoga Cards



Yoga Cards

## Preparation and Safety

Age 5-7

National Curriculum Develop balance, agility and co-ordination.

Time Can be adapted to any setting or time frame.

Preparation Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

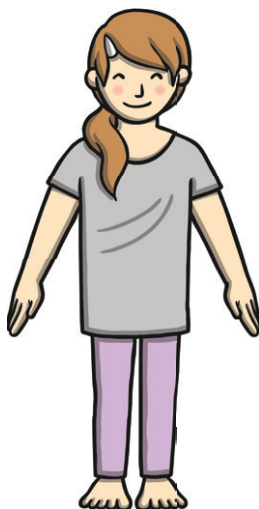
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Yoga Cards

## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



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Yoga Cards

## Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



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## Tree Pose - Vriksasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



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## Crescent Moon Pose

**Benefits** Stretches arms, abdominals, spine, and chest; calms the mind.

- 1 Inhale, and raise your hands over your head, pressing your palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale while returning to standing straight.
- 4 Repeat on the opposite side.
- 5 Exhale and lower your arms.



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## Locust/Snake Pose - Salabhasana

**Benefits** Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 Exhale, and lift your head, upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



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## Cat Cow Pose - Marjaryasana Bitilasana

**Benefits** Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.

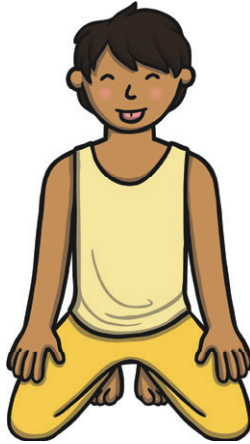


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## Lion Pose - Simhasana

**Benefits** Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms into your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth.
- 5 Repeat a few times.



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## Corpse Pose - Savasana

**Benefits** Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.



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## Rainbow Pose

**Benefits** Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.

- 1 Stand in mountain pose.
- 2 Exhale, and step feet wide apart.
- 3 Hold this position.
- 4 As you bring your dropped arm back above your head, straighten your body.
- 5 Repeat on the other side.



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## Triangle Pose - Trikonasana

**Benefits** Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.

- 1 Stand in mountain pose. Exhale, and step feet wide apart.
- 2 Raise your arms parallel to the floor, palms down.
- 3 Turn your left foot in slightly and your right foot out 90°. Exhale.
- 4 Bend through your hips, and rest your right hand on your leg. Stretch your left arm toward the ceiling.
- 5 Hold this pose, inhale and return to standing. Repeat on opposite side.



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## Frog Pose - Bhekasana

**Benefits** Tones legs; increases hamstring flexibility.

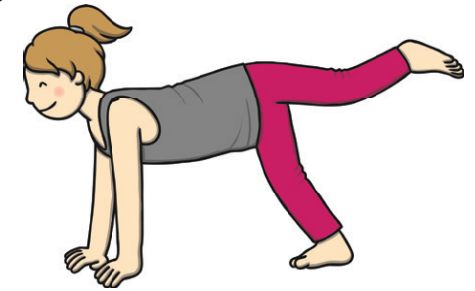
- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



## Three-Legged Dog Pose - Tri Pada Mukha Svanasana

**Benefits** Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.

- 1 Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).
- 2 Lift one leg, hold, then lower with an exhale.
- 3 Repeat with the opposite leg.



## Happy Baby Pose - Ananda Balasana

**Benefits** Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

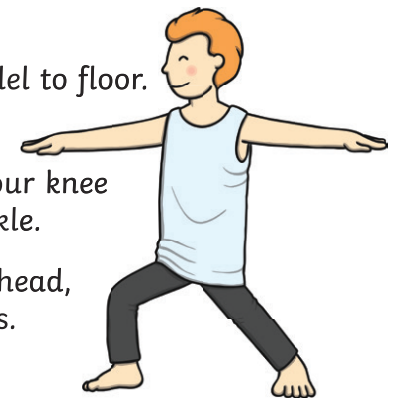
- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly, and hold onto your feet.
- 3 Allow your body to gently rock side to side.



## Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



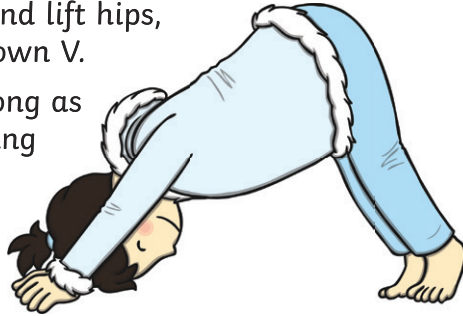


## Downward-Facing Dog - Adho Mukha Svanasana

**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

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- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.  
Hold this position for as long as you like. Let your head hang down and breathe.
- 3
- 4 To release, exhale and bring knees to the floor.



## Child's Pose - Balasana

**Benefits** Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

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- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.

