



## **Creative Yoga with 4Motion**

Listed below are names we have given different yoga postures that are strong visual prompts to help you teach children yoga.

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### **LOTUS FLOWER**

Sat, legs crossed, sitting tall

### **TABLE TOP**

All four's; hands under shoulders, knees hip width apart, strong back

### **CAT & COW**

Arch and contract when in tabletop

### **SUPERHERO**

Extend opposite arm and leg when in tabletop

### **DOWNWARD FACING DOG**

Lift knees off floor from tabletop, lengthen arms and legs, look between knees

### **THREE LEGGED DOG**

Lift one leg when in downward facing dog

## **LOW WARRIOR 1**

Low lunge, palm connect above head

## **MOUNTAIN POSE**

Standing tall, feet together, arms by side

## **RAG DOLL**

Fold forward from mountain pose

## **WARRIOR 1**

High lunge, palms together above head

## **WARRIOR 2**

High lunge, arm reaching forward and back shoulder height

## **WARRIOR 3**

Balance, airplane arms

## **TRIANGLE**

Step wide, reach to one side

## **TREE POSE**

Balance; reach arms high like branches of tree

## **RAINBOW**

Reach arm over head, side tilt

## **GIANT STAR**

Wide feet, reaching arms high

## **HALF STAR**

Wide feet, fold forward to reach for floor

## **FROG**

Squat, elbows inside knees

## **FROG BALANCE**

Squat, balance on hands

## **BUTTERFLY**

Sit, soles of feet together

## **BALANCNG BOAT**

Sit, lift legs, and balance in V shape

## **BRIDGE**

Lie on back, lift pelvis

## **CHILD'S PRAYER**

Sit back on heels, reach arms forward, rest head on floor

## **CORPSE / SLEEPING STAR FISH**

Lie down, arms by side, close eyes and relax