

Pet Show Yoga



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.

Dog

Downward Facing Dog - Adho Mukha Svanasana

Instructions

- 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.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



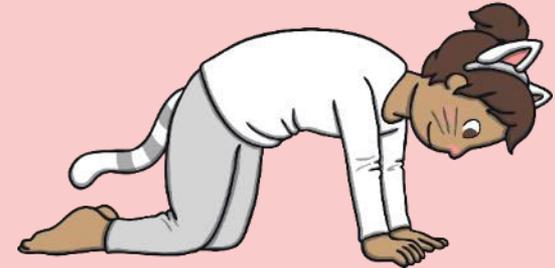
Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.

Cat

Cat Cow Pose - Marjaryasana Bitilasana

Instructions

- 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.



Stretches torso and neck;
gently massages spine and
internal organs.

Snake

Locust Pose/Snake Pose -
Salabhasana

Instructions

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



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

Mouse

Child's Pose - Balasana

Instructions

- 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.



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

Horse

Three-Legged Dog Pose - Tri Pada Adho Mukha Svanasana

Instructions

- 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.



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

Tortoise

Happy Baby Pose - Ananda
Balasana

Instructions

- 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.



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

Goldfish

Floor Bow Pose - Dhanurasana

Instructions

- 1 Begin on your belly, with your hands by your body, palms up.
- 2 Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3 Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4 Gaze forward. Hold this position, and release as you exhale.



Stretches entire front of the body; strengthens back muscles; improves posture.

Parrot

Aeroplane Pose - Dekasana

Instructions

- 1 Begin in mountain pose. Extend arms out to either side.
- 2 When you feel balanced, exhale and lean forward, lifting one leg straight behind you.
- 3 Hold this pose, then return your leg to the ground and your arms to your sides.
- 4 Repeat with opposite leg.



Improves balance; develops concentration; strengthens legs, chest, and arms.

Frog

Frog Pose - Ardha Bhekasana

Instructions

- 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.



Tones legs; increases hamstring flexibility.

Guinea Pig

Polar Bear Pose

Instructions

- 1 Begin on your knees, then sit back on your heels. Spread your knees comfortably apart.
- 2 Bend forward, bringing your chest to the floor.
- 3 Bring your hands in front of you, lacing your fingers together.
- 4 Exhale through your mouth, warming your paws.



Stretches arms, legs, sides, and chest; releases tension.

Rabbit

Lion Pose - Simhasana

Instructions

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



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

Stick Insect

Triangle Pose - Trikonasana

Instructions

- 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 Inhale and return to standing. Repeat on opposite side.



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

Photograph

Mountain Pose: Tadasana

Instructions

- 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).



Improves posture;
strengthens core muscles
and legs.

Relaxation

Resting Pose – Savasana

Instructions

1

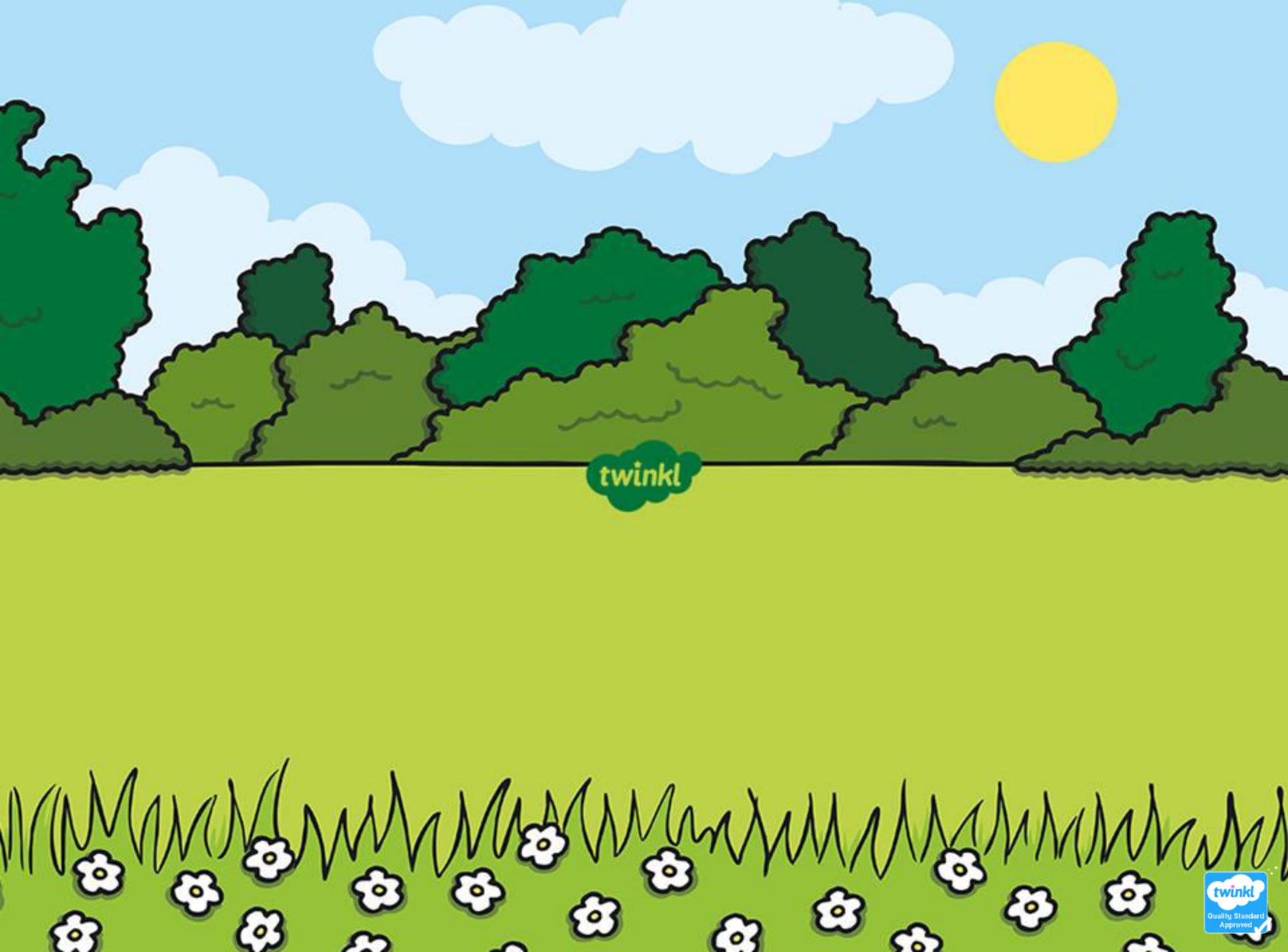
Lie down on your back, with arms next to your body and legs slightly apart.

2

Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.



Calms the body and mind; helps relieve stress and headaches.



twinkl