



Curious Creatures Yoga

Adventures
with Alice

Yoga Time...

...or just simple movements, silent sitting and stretching.

This type of movement experience helps with improving flexibility, strength, and posture. Daily gentle exercise or yoga will help stretch and tone the muscles.

Find a quiet, calm and tranquil place to sit. (Use some Yoga Buddies, our little creatures love to join in Yoga). Little towels or fabric pieces to place little bodies on will help define the area for restful relaxing movement play.

Energy, fitness and fun

As the children try out the little stretches as demonstrated by our curious creatures this will lead to all round better fitness. It will help increase their energy and motivation to move. Doing daily yoga or gentle movements will help calm the children in their bodies and their heads, reducing stress and helping them breathe better.

Adventures with Alice



Flip is a cheerleader of all. Loves to be in the spotlight. Centre of attention but also a very good listener.

Remembers little details. Loves nothing more than a chat.



Tento is full of creative imagination and brilliant ideas. Has a unique way of looking at the world.

Asks lots of questions. Is inquisitive, intelligent and knowledgeable.



Jem is a nurturer. Always enthusiastic, warm and kind hearted. Very sensitive to peoples' feelings. Brings out the best in others.

The Bee Pose

Flip loves the bee pose. Begin by kneeling, then relax the shoulders. Kneel straight up, try and stretch your ears away from your shoulders. Keep your lips together, breathe in through your nose and then breathe out making a quiet sound mmmm. Inhale and sit up straight. Exhale and lower your forehead towards the ground.

Repeat a few times. If just beginning, sit rather than kneel and focus on taking the breath in and making the bee buzz, rather than bending the forehead to the floor. This little pose and breathing can help increase focus and concentration. It can help anxiety and promote calm. It is said to lower the heart rate.



The Crescent Moon Pose

Crescent Moon Pose is an excellent full-body stretch!

Begin by standing up straight. Raise your hands over your head, pressing your palms together. Inhale and stretch your spine. Keeping your arms overhead, create a crescent moon shape by curving your torso to one side. Pause on that side for several breaths and then repeat on the other side. Exhale as you bend to one side then the other.

Slowly bend your body to one side.

Keep your hands pressed together, and return your body to standing up straight.

Repeat by bending to your opposite side.

Straighten your body, and lower your arms to your sides, returning to a standing straight position.



Sun salutations are at the heart of Yoga.

From the standing position Inhale, take a deep breath as you lift your hands over the head.

Hold the pose for a few seconds then exhale, breathe out as you lower your arms back down.

Repeat a few times, each time encourage the children to stretch a bit higher. Imagine you are trying to reach to the top of a high tree, a cloud, a bird flying past, a balloon in the sky and finally the sun.



Yoga Time...



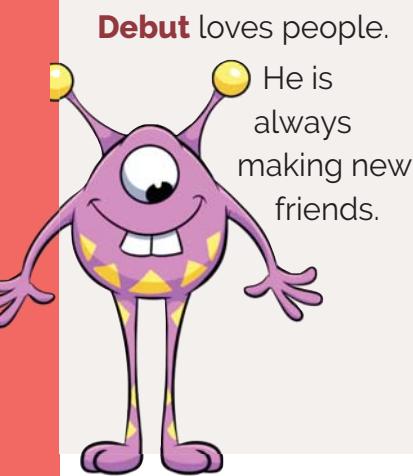
Shone is reserved, calm and quiet. Always tries hard to get things right.
He is patient and hardworking.



Flamingo Pose
Look at Pense. Stand straight with your feet slightly apart. Make sure you are balanced. Bend one of your knees and when ready, lift your leg into the air slowly. Put your arms out to each side to help you balance.

Pense is quiet and reserved. Comfortable being alone. Not very social.

Arbi is organised, honest and dedicated. Believes in doing what is right. Always there to help and lead. Loves being a role model and organising events.



Debut loves people. He is always making new friends.

Cloud Pose.

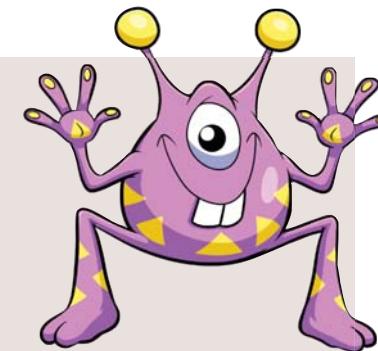
Debut uses the imagination when doing yoga. **Cloud** is a pose that feels like your feet are on soft but solid ground.

Stand up straight and then inhale and bend your knees.

As you are bending raise your hands from your side as if scooping the weather around you, the clouds.

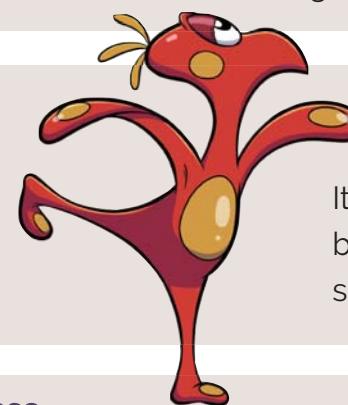
Wait a second or two.

Exhale and straighten your legs and lift your arms as if lifting your arms to the sky and letting the weather, clouds drift higher.

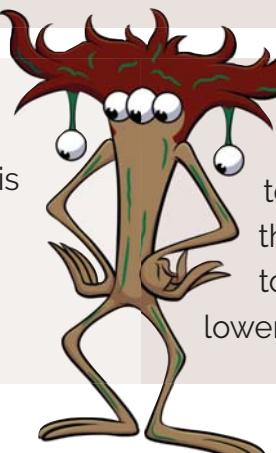


Star Pose

Stand tall and straight with your hands by your sides. Take a few breaths then, on the third breathe out, begin to raise your arms to the side and then higher. Then, as you breathe in, lower them to the side again.



It's hard to balance and be still, so just do it for a second or two.



Tree Reach Pose

Stand very still. To help balance, extend arms out to either side. Bend one of your knees, put your toes on the floor and your heel against your ankle. Lift your hands to your chest. Hold the pose for a couple of breaths, then lower your arms and stand on both legs.



Yoga Time...

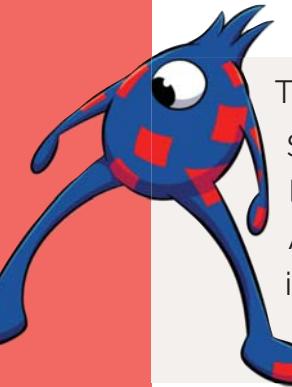


This is **Ooni**.

Ooni is great at fun stuff, likes to be full of nonsense. Doesn't take life too seriously. Sensitive to emotions and feelings.



Buzz is quiet and reserved. Likes spending time alone in quiet places. Lost often in imagination and daydreams.

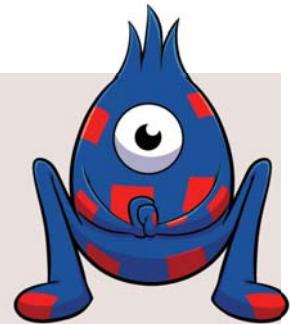


This is **Spark**.

Spark is really active, likes to leap around. Always keen to join in games. Is quick and athletic.

Frog Squat Pose

Stand with your feet close together, keeping your heels on the floor. Slowly bend your knees and exhale while you do it. Bring your arms and fold them in front of your torso, pressing your hands together. Squat for 5 seconds then gently stand back up.



Basket Balance Pose

Sit on your bottom with a tall spine (sitting as straight as possible). Try and let your head touch the clouds.



Bend your legs to create a 'basket' in front of you, with the soles of your feet together. Gently flap your legs like a fairy taking off.



Dino Dip Pose

Sit on your heels, slowly lower your head like a dino bending for a drink. Rest your head on the floor in front of your knees, rest your arms down beside your body and take a few deep breaths.



Tiger Arch Pose

Start on your hands and knees. As you slowly round your spine towards the sky exhale, making sure your shoulders and knees stay as still as possible. As you inhale, gently and slowly lower your spine back to normal height.

