

## 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.



## Chair Pose - Utkatasana

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

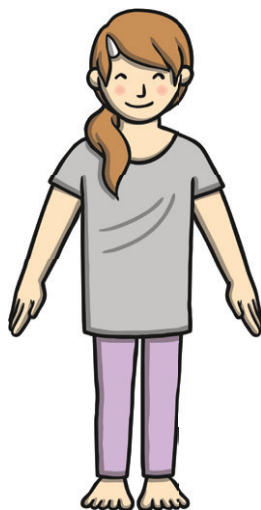
- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



## 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).



## Tree Pose - Vrikshasana

**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.



## 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.

**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.



## 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.