



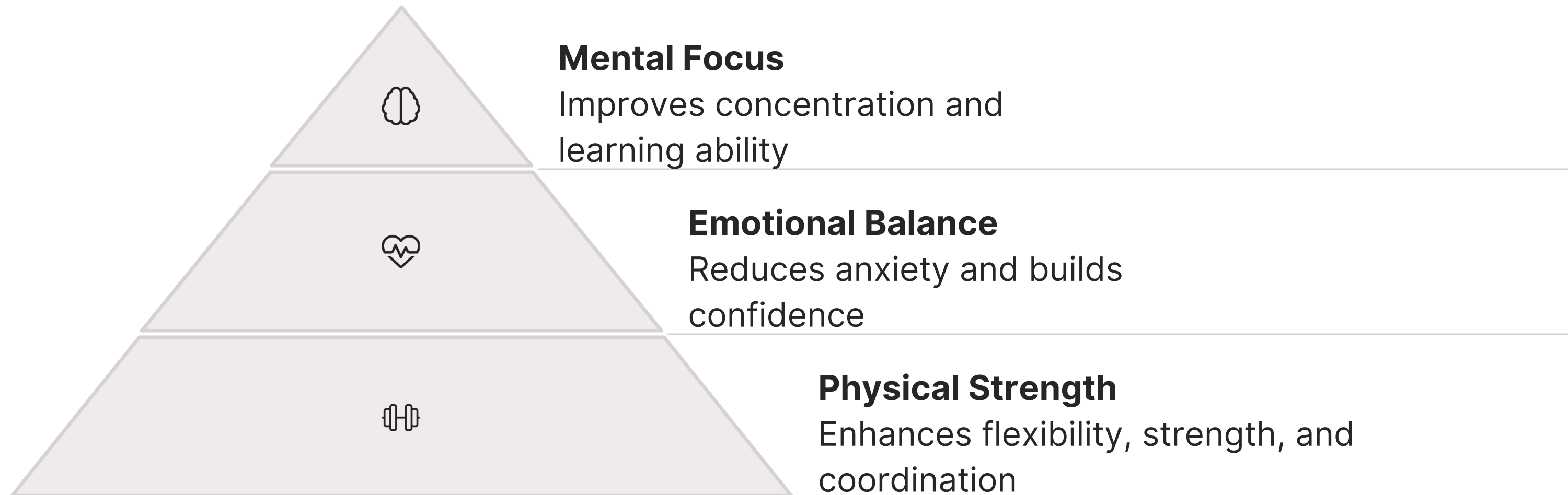
Yoga Booklet for Children by eMedicard

- Designed for ages 5-15 years.
- Supports physical and emotional wellbeing.
- Fun, accessible introduction to yoga.

by eMedicard C/O Huda Guides Ltd



Benefits for Growing Bodies



Safety First!

Comfy Clothes

Choose stretchy, comfortable clothing. Nothing too tight or restrictive.

Timing Matters

Practice on an empty stomach. Wait 2-3 hours after meals.

Gentle Approach

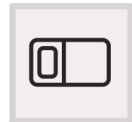
Never force poses. Listen to your body's signals.

Safe Space

Create a quiet area with enough room to stretch fully.



Yoga Rules for Kids



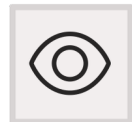
Find Your Space

Practice on a yoga mat or clean, flat surface.



Breathe Deeply

Remember to breathe slowly and calmly through each pose.



Respect Your Body

Only stretch as far as feels good. No pain, just joy!



Keep It Fun

Laugh, be playful, and enjoy the process.



Let's Warm Up!



Neck Rolls

Gently roll your head in circles. Feel your neck relax.



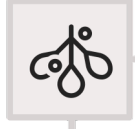
Shoulder Shrugs

Lift shoulders to ears, then drop them down. Repeat five times.



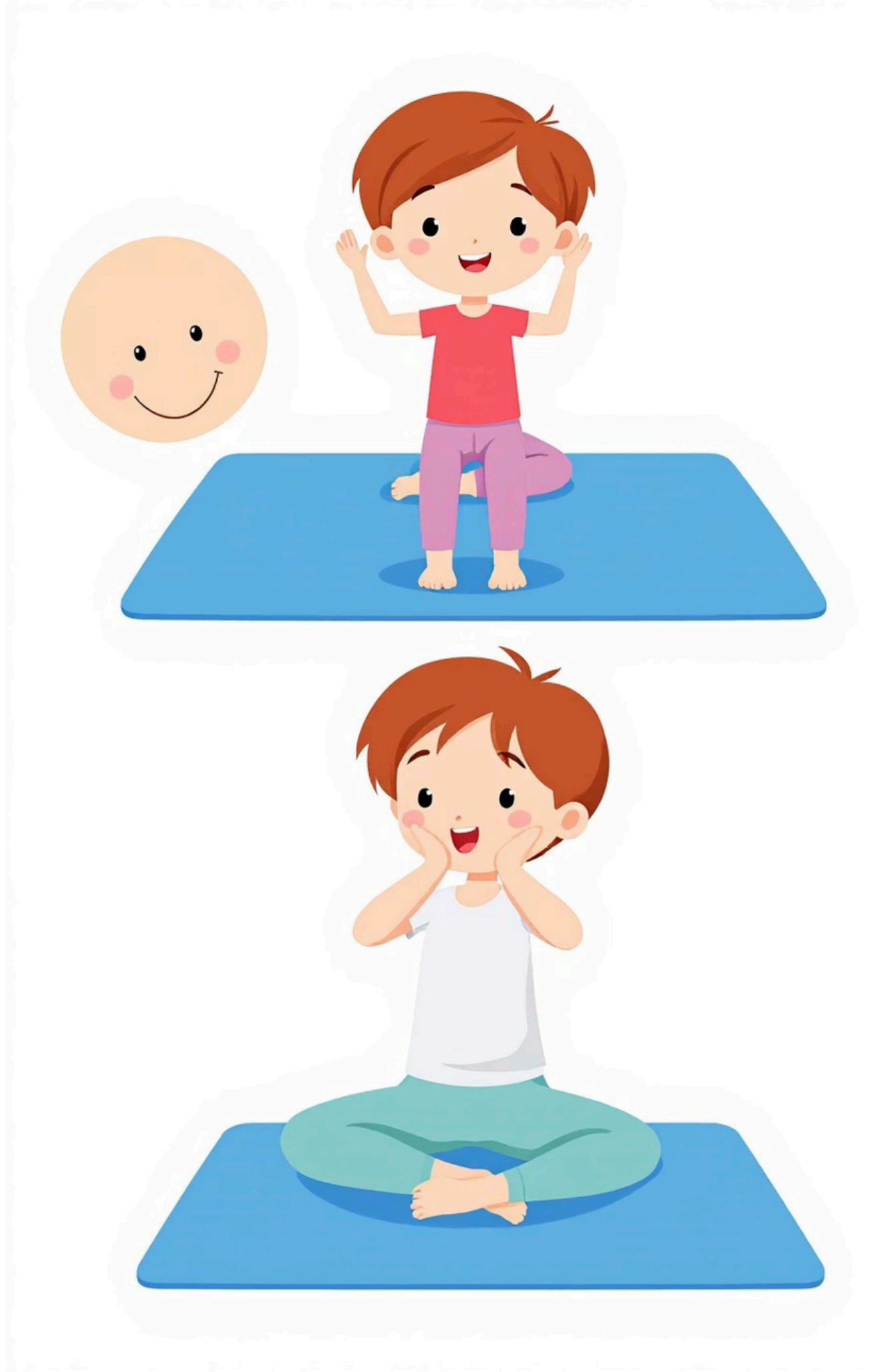
Cat-Cow Stretch

Arch and round your back like a happy cat and cow.



Toe Touches

Reach for those toes! It's okay if you can't touch them.



Breathing Magic

Balloon Breath

Fill your belly like a balloon. Watch it grow with each breath in.

Bumblebee Breath

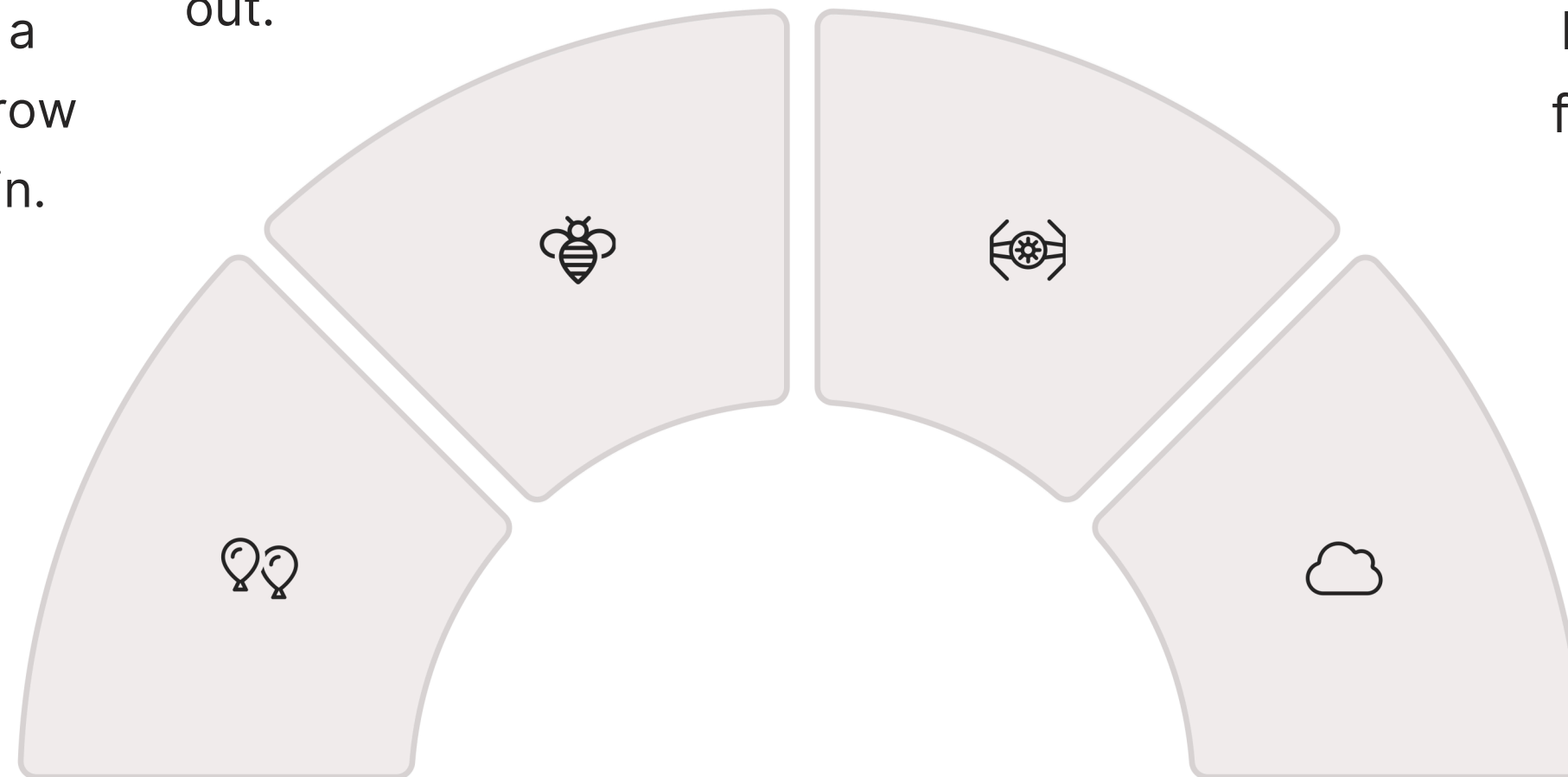
Breathe in, then hum like a bee as you breathe out.

Starfish Breathing

Trace each finger with breaths. Up a finger - breathe in. Down - breathe out.

Cloud Relaxation

Imagine floating on a fluffy cloud. Feel light and peaceful.



Tree Pose (Vrikshasana)

Start Position

Stand tall, balanced on both feet

Find Balance

Place one foot on inner thigh of opposite leg

Reach High

Hands together overhead like branches



Cat-Cow Pose



Cow Position

Inhale, lift head, arch back down



Transition

Move smoothly between positions



Cat Position

Exhale, tuck chin, round back up



Butterfly, Mountain, and Child's Pose



Butterfly Pose

Sitting, soles together, flap knees like wings



Mountain Pose

Stand tall, arms by sides, steady breaths



Child's Pose

Knees wide, arms forward, relax completely

Boat and Chair Pose

Boat Pose



- Sit tall lift feet .
- Extend arms forward
- Strengthen core and balance

Chair Pose



- Stand with feet apart
- Bend knees ,raise arms.
- Builds leg strength

Cobra, Camel, and Star Pose

Cobra Pose

Lie on stomach, lift chest with arms.



Camel Pose

Kneel, reach hands to heels, gentle backbend

Star Pose

Feet wide, arms out, inhale up, exhale down.



Your Yoga Journey Begins!

Age 2-4

Keep sessions under 15 minutes. Focus on animal poses and movement.

Age 5-7

Try 20-minute sessions. Add simple breathing. Use stories and games.

Age 8-12

Introduce pose sequences and longer relaxation.



The eMedicard Approach

