

Yoga Exercises

Yoga is a great strengthening exercise that will work on increasing the control and stability of the muscles around the joints. It is important to work within a normal range of motion and to avoid over extending.



Table

Begin on hands and knees with your knees and feet hip width apart. Place your wrists directly under your shoulders with your fingers spread out. Try to keep your back flat like a table.



Cow

Kneel on hands and knees (table pose). Make sure hands are below shoulders, and knees are below hips. Inhale, look up at the ceiling, and allow your belly to sink to the floor. To go into the cat pose, exhale and round your back towards the ceiling while looking at your belly.

<http://www.namastekid.com/learn/kids-yoga-poses/cat-cow-pose/>



Giraffe

Begin in table pose. Reach one hand up to the sky and spread your fingers apart. Return that hand to the floor and raise the other hand up to the sky.

<http://www.namastekid.com/learn/kids-yoga-poses/giraffe-pose/>

Yoga Exercises



Frog

While squatting, balance on your toes with knees spread apart. Place hands on the floor between your legs and look up and inhale. As you exhale, stand up and lower your head towards your feet. Return to squatting position and repeat.



<http://www.namastekid.com/learn/kids-yoga-poses/tree-pose/>

Tree

Extend your arms overhead to either side. Lift your left foot, turning your knee out; place your foot above or below your right knee, depending on your comfort level. Look up to your hands, hold, and return your hands to your chest while lowering your leg. Repeat on opposite side.



<http://www.namastekid.com/learn/kids-yoga-poses/warrior-ii-pose/>

Warrior

Stand with your feet wide apart. Turn your right foot in and your left foot out to 90 degrees. Inhale, and lift your arms to shoulder height. Exhale, and bend your right knee. Keep your torso tall, turn your head and look out over your fingertips. Inhale, straighten your legs and lower your arms. Repeat on opposite side.