

Reference Sequence: Kid's Winter Yoga Poses

Teri Sexton



1. Winter Mountain

A tall strong mountain listening to the winter wind and voices of all nature that lives there.



2. Frosty Tree

A lovely tree in the forest. Maybe shelter for animals in the winter weather!



3. Skier Pose

Perhaps you are skiing down the mountain in the brisk cool winter breeze.



4. Ice Skater Pose

Ice skating on the frozen water swirling and twirling in the magic of the season.



5. Five Pointed Star Pose • Utthita

Tadasana

A shining star, the light of wishes and dreams.



6. Snowperson Pose

Make yourself big! You are a snowperson. Can you make a funny face?



7. Snowboarder

Time for a try on a snowboard. Feel yourself whizzing down the hill with such balance!



8. Sitting in Nature Pose

Take a moment to sit in nature. Close your eyes or have a relaxed gaze as you lean in and notice what you see, hear, smell.



9. Polar Bear

In your winter wonderland, you see a polar bear. Become a polar bear and maybe it will play with you!



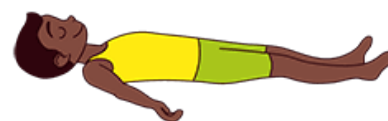
10. Hibernating Pose

Winter is a time when many animals hibernate. Settle in for few slow breaths.



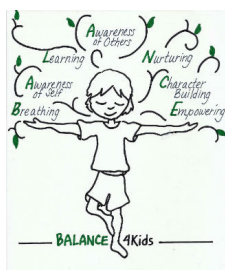
11. Snowball Pose

Become a snowball rolling around and enjoying the free flowy feeling!



12. Winter's Nap

Resting pose is a time to take in all the goodness of your yoga practice and give thanks to yourself for showing up to participate! Enjoy.



BALANCE4Kids empowers children on and off the mat with engaging fun yoga activities.