## Children's yoga

## POSES, LYING ON THE STOMACH

## The snake looks forward

The snake sleeps. To lay down on a stomach, hands to extend forward.

The butterfly flew by, the snake woke up and lifts the head. Slowly on a breath to lift the head up, tearing off at first shoulders, then the top part of a breast from a floor, the stomach and hips keep on a floor.

The snake looks forward. In a pose to pull the head up (without throwing back), fading on 3-5 seconds.

The butterfly departed, the snake sighed, hung the head and stood. On an exhalation, singing through a song of a snake ш - sh-sh, to lower on a floor: head and shoulders.

This pose - good prevention of stoop.

## The snake looks round

The mouse ran. The snake, lifts the head and looks for a mouse, (turns the head to the right – where the mouse), turns on the left – where a mouse). Hung the head and stood.

On a breath slowly to lift the head, to turn to the right – directly – on the left – directly. On an exhalation to hang the head and shoulders on a floor, saying a sound: “sh-sh …”

This option of a pose – good prevention of scoliosis The snake prepares for a jump

The snake lifted the head and directed forward. To lay down on a stomach, hands to extend along a body and to press to hips. Without leaning on hands, to lift the head and to reach it up-forward. (hands can be got for the head or be linked behind the back). Having made an easy breath, on an exhalation, singing through: slowly to lower a foot and to relax. To repeat with other foot

Б) Plays on two violinists. To lift both feet up. Slightly to inhale, and slowly lowering feet, on an exhalation to sing a song of a bug.

## The boat shakes on waves

To lay down on a stomach, hands along a body. To lift shins of feet and alternately to grasp ankles of feet the hands with the same name (the right hand the right ankle, and then the left hand the left ankle). Then, having slightly inhaled, on an exhalation, hissing «ш - sh-sh» as sea waves, bending a back, to tear off feet from a floor. And so 2-3 times. The rocking similar to kachany court shoes on waves turns out. Then slowly to lower hips and shoulders on a floor, to release ankles and to straighten feet.

Relaxation. To rise on четвереньки and to sit down heels, the head to a floor.

The pose is useful as stoop prevention.

## The rabbit hid

The rabbit extended ears and measurement. To sit down on knees, knees together, socks lie on a floor,

This pose – perfectly strengthens back muscles

The grasshopper plays a song of a bug (a snake, an echo) on one violinist

Preparation for an asana. Before exercise to talk about a grasshopper, that it on pads has treshchetka. To tell that at our grasshopper of the violinist magic, and they is able not only to crack, but also to buzz as a bug and to hiss as a snake, to sing as an echo – a-a-a. And it on them as on the violinist, plays the song. To sing songs: a grasshopper – tss-with-with …. a bug – snakes – ш - sh-sh, an echo – a-a-a)

А) Plays and to one violinist to Lay down on a floor, hands to extend along a trunk, palms to put on a floor. To lift a direct foot, and leaning on hands, to pull it up. to bend forward and to touch by a forehead of a floor, hands are quietly extended forwaHaving made an easy breath, on an exhalation, singing through: slowly to lower a foot and to relax. To repeat with other foot

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The rabbit hid ears. Too, but hands to hold patches.

## Crocodile

The crocodile sleeps. To lay down on a floor, the person down, palms about shoulders.

The crocodile woke up. To press elbows to sides and to raise the head.

The crocodile goes to water. Otzhima on hands.

The crocodile promptly floats to the coast. To lay down on a floor, on a stomach and having extended by an arch, to lift up, the straight arms connected by palms and the connected direct feet (as a small fish).

Reached. To lower hands and feet on a floor, and to relax.

The pose strengthens hands, a humeral belt, tones up and strengthens back muscles, removes psychological, a zapadeniye

## POSES, SITTING ON THE RUG

## Lion

The lion looks for production. To sit down on knees, a back a straight line, language is pressed to the sky. Slowly to turn the head to the right and on the left, at the same time moving language towards turn.

The lion found production. Slightly to bend forward and a few to take away elbows back that the breast was stuck out forward, Fingers to spread wide, having slightly bent, and strongly to strain (as a paw of a tiger or a lion). Eyes to expand and direct up, language to put out and pull down to a chin. On an exhalation to pull a-a-a sound so that uterine roar turned out. (It is possible to growl with a sound – hunts in the afternoon, and silently – at night hunts).

Straining throat and language muscles, we strengthen an exchange in them. It is good prevention of quinsy.

## Bug on a flower

To sit down on a floor, feet to extend forward, and to straighten a back, hands on hips.

Having made an easy breath, on an exhalation, pulling in a stomach, to sing a pechenka of a bug, at the same time leaning hands in hips and being extended by the head top up (the flower reaches for the sun). To repeat 2-3 times.

The pose strengthens a waist and strengthens an exchange in kidneys.

## Mountain and eagle

To sit down directly, having extended feet on a floor.

The mountain grew. Bending one foot, to tighten the right knee to itself, foot on a floor. Having bent in a knee, to tighten foot of the right foot to a basin. The back a straight line, the top lasts up. Hands clasp a knee, and help a back to last up.

The eagle at top of the mountain looks round. To turn a humeral belt and the head to the right. To become straight and reach a back up. Then to turn to the left. To become straight and reach a back up

The mountain thawed. To straighten a foot, to put hands on hips the Same with other foot.

The pose extends a backbone and, strengthens a waist and tightens stomach muscles, weakens mshets of a back, warning scoliosis.

## Muzzle of a cow

To sit down directly, having extended feet forward. To bend the left foot and to establish foot on the right side from a basin. To bend the right foot and to establish foot closer to the left side of a basin (the right knee the foot, settles down over left). Hands on a lap. The cow waves ears. To shake socks of feet forward-back.

Relaxation. To lift the top knee hands and to deliver to stop on a floor, too with the bottom knee. To extend feet forward, to massage knees and straining feet to pull heels forward

The pose strengthens and does mobile knees and coxofemoral joints

## Horn of a cow

To sit down on knees. To open hands in the parties. To raise the right hand up, and left to lower. To bend both hands in an elbow and to get them for a back (right from above, left – from below). To try fingers of the right and left hand to connect. The elbow of the right hand is directed up, and left – down. Then to unclench fingers, slowly to straighten hands and to extend in the parties. To repeat movement in other party. After development the pose can be executed under a prigovorka “Early in the morning in the morning, the herdboy that is ru-ru-ru …”

The pose weakens muscles of a humeral belt, opens a breast and straightens a back, strengthens shovels and a wrist back.

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## POSES, BEING ON ALL FOURS

## The dog stretches on the sun

The dog sleeps. To lay down on a stomach, palms of hands about shoulders, the head lies to a floor

The dog woke up and stretches zalny paws. To rise on четвереньки, to be extended on straight arms by a body up, to reach the top to the sun.

The dog stretches forepaws. To rise on четвереньки and to sit down on heels, hands, to extend forward.

The dog looks at the earth. Having risen on четвереньки, to straighten feet and to look down.

Dog пегла on a rug. To rise on четвереньки, bending hands, will slowly fall by a floor, to lay down on a stomach, feet are extended, the head to put on a floor and drowsily saying “G-a-v

This pose opens a breast, stretches and strengthens pectoral muscles, does a back of more flexible.

## Dog Bobik

Here our Bobik – a nice dog – to sit down on heels, hands lie on hips. Serially each hand slightly шлепнуть on a hip (2раза).

White forehead – to hang the head to a floor, hands to extend forward

Black nose – to transfer body weight to hands and to be extended on them, having slightly caved in back, and having pulled the head up.

Bobik, Bobik, a paw give – having on't bark – to sit down on heels, to put palms on hips and to shake the

the Pose STANDING

## Tree

The tree lasts the top to the sky. To rise directly, hands along a body and the head to reach up.

Branches of a tree reach for the sky. To lift hands through the parties up and to reach palms up.

Branches reach for the earth. Through the parties of a hand to translate down and to reach hands down.

The tree was inclined to the earth. Slowly the vertebra behind a vertebra to bend down and to hang, hands freely hang.

The tree was straightened. As the vertebra behind a vertebra to be straightened, hands along a body.

The pose extends a backbone and promotes formation of the correct bearing.

The tree under a prigovorka «Early in the morning the sun rose»

Early in the morning the sun rose, – to lift hands in the parties

Shined the distant wood, – to lift hands through the parties up and to link fingers over the head

Full of fairy tales and miracle head to hide in knees, hands on the head.

Felt heat, woke up, began raise – having connected palms, and slowly rising, to lift hands up.

Reached to the sun – standing, to reach hands up.

Also revealed – slightly to dissolve hands in the parties.

The sun came, the flower hid. To connect palms, to lower them to the head and to sit down on hunkers.

This option of a pose possesses still positive psychological effect, promoting restoration of the internal integrity, unity with itself and the world

## Volcano

The volcano sleeps. To rise directly, feet on width of shoulders, hands along a body.

The volcano wakes up and gains in strength. On a breath slowly to connect palms and to extend hands up, to reach hands up.

Volcanic eruption. On an exhalation with a sound simulating eruption: “П - щ - shch-shch”, slowly, hands to open in the parties and to lower down.

Pandiculation

Pandiculation standing. To rise directly, hands are lowered, to weave fingers of hands and to lift hands forward-up, having twisted palms outside, to reach hands up.

Pandiculation, lying on a back. To lay down on a back, to reach forward serially a hand and an opposite foot; at the same time both hands and feet.

Pandiculation lying on a stomach. To lay down on a stomach, the forehead rests against a floor: forward serially hand and opposite foot; at the same time both hands and feet. Massage of the head and ears, fingers and foot.

Breathing exercises and relaxation. (Hands on his stomach, training диафрагмному breathing).

A teacher. In the evenings, when the sky lighted star, I like to sit on the porch of his tiny house and look up into the night sky. People simply do not know what to watch the stars from the roof is much more interesting than from the window. Are we on the roof and look at stars. (Shine a laser pointer at the ceiling). The stars light and fall, blink, again lit and disappear. Close your eyes and imagine a dark, the night sky. Bright moon, the stars, many-many stars. Well like! Beautifully! But защебетали birds, and there was morning. Children were pulled and woke up.

In the final step. The game - 10 minutes, or learning of children's songs and poems in English (Annex 2).

Games help the child to learn to observe the rules, and the ability to be up and playing in a team, develop brake response and the ability to limit their desires. Use exercises with amusements, games on the development of attention and memory, development games artistry and imagination. Songs and poems learning body parts, animals and flowers, and much more.