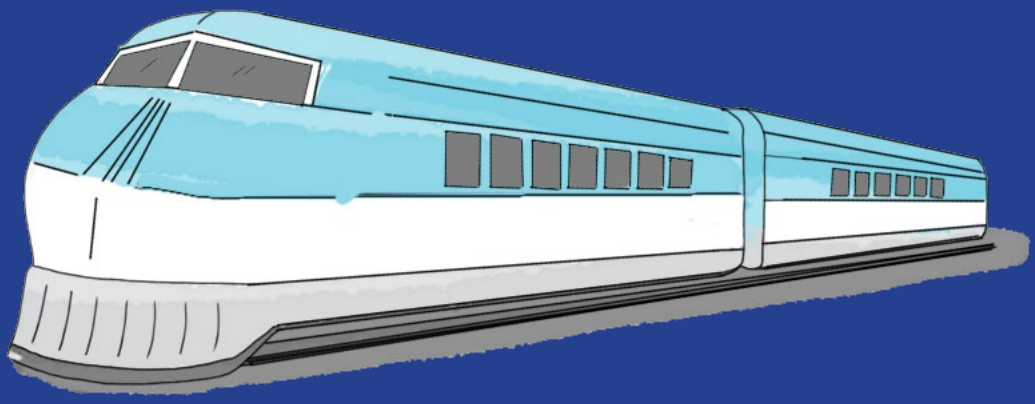
Transportation Yoga Cards

FOR KIDS



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TRANSPORTATION YOGA TIPS

The yoga poses in the index are sequenced specifically to invite flow from one pose to the next.

Focus on having fun with movement, not on practicing perfectly aligned poses.

Engage the children.

Follow their passions and interests.

Create authentic, meaningful experiences.

Cater to their energy levels and different learning styles.

Adjust the number of yoga poses depending on the time available and the ages, needs, and energy levels of the children.

Be creative and enjoy yourself—the kids will notice your enthusiasm.

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TRANSPORTATION YOGA TIPS

(continued)

Wear comfortable clothing and practice barefoot.

Make safety a top priority—clear the space of obstacles and be safe with your bodies.

Encourage the children to share their yoga experiences with their family and friends.

Feel free to add your own transport-themed songs, music, relaxation stories, or props.

Make the transportation yoga experience your own.

These yoga cards are designed to be a guide and can be adapted to suit your needs.

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HOW TO PRACTICE THE YOGA POSES

(Alphabetical Order)

1. **Boat Pose:** Balance on your buttocks with your arms and legs straight out in front of you, in a V shape. Keep a straight spine and open chest. Pretend to be a **cruise ship** on the ocean.

2. **Chair Pose:** Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you. Pretend to be a **tractor** in the field.

3. **Crescent Moon Pose:** Standing, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side. Pretend to be a **crane**.

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HOW TO PRACTICE THE YOGA POSES

(continued)

4. **Easy Pose:** Sit cross-legged and rest your palms on your knees. Close your eyes, if you are comfortable doing so. Pretend to be a **car** on the street. Take a few deep breaths and relax your body.

5. **Extended Mountain Pose:** Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths. Pretend to be a **rocket** shooting into outer space.

6. **Knees-to-Chest Pose:** Lie on your back, bend your knees, and hug them close to your chest. Then circle your legs as if you are a **bicycle** upside-down.

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HOW TO PRACTICE THE YOGA POSES

(continued)

7. **Lunge Pose:** From Downward-Facing Dog Pose, step your right foot forward to rest on the inside of your right hand. Keep a flat back and open your chest. Switch sides and repeat the steps. Pretend to be riding a **motorbike**.

8. **Mountain Pose:** Stand tall with your legs hip-width apart and feet facing forward. Take your arms straight alongside your body. Pretend to be a **trolley** driver.

9. **Plank Pose:** From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a **snowboard** flying down the mountain.

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HOW TO PRACTICE THE YOGA POSES

(continued)

10. **Seated Forward Bend:** Come to sitting on your buttocks, with your legs straight out in front of you. Bend your torso forward while keeping your spine straight. Pretend to be a **canoe** on a river.

11. **Seated Twist:** Start by sitting cross-legged, bend your right knee, and place your right foot behind your left knee. Check that your spine is straight and your right foot is flat on the ground. Twist your upper body to the right. Take your left elbow to your right knee and your right hand back behind you. Pretend to be a **fire engine** coming to the rescue. Repeat on the other side.

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HOW TO PRACTICE THE YOGA POSES

(continued)

12. **Staff Pose:** Sit with a tall spine with your legs straight out in front of you. Pretend to be a **train** going down the track.

13. **Standing Forward Bend:** Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body and reach for your toes. Pretend to be a **digger**.

14. **Tree Pose:** Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not on your knee), and balance. Pretend to be a **helicopter** taking off. Switch sides and repeat the steps.

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HOW TO PRACTICE THE YOGA POSES

(continued)

15. **Triangle Pose:** From a standing position, step one foot back, placing the foot facing slightly outwards, take your arms up parallel to the ground, bend at your waist, tilt your upper body, reach your front hand to gently rest on your shin, and reach your other arm straight up. Pretend to be a **sailboat**.

16. **Warrior 1 Pose:** Step one foot back and bend your front knee. Reach both arms up overhead. Pretend to be riding a **scooter**. Switch sides and repeat the steps.

17. **Warrior 2 Pose:** From Warrior 1, reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Pretend to be on a **skateboard**

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HOW TO PRACTICE THE YOGA POSES

(continued)

cruising through the park. Switch sides and repeat the steps.

18. **Warrior 3 Pose:** Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Pretend to be an **airplane** in the sky. Switch sides and repeat the steps.

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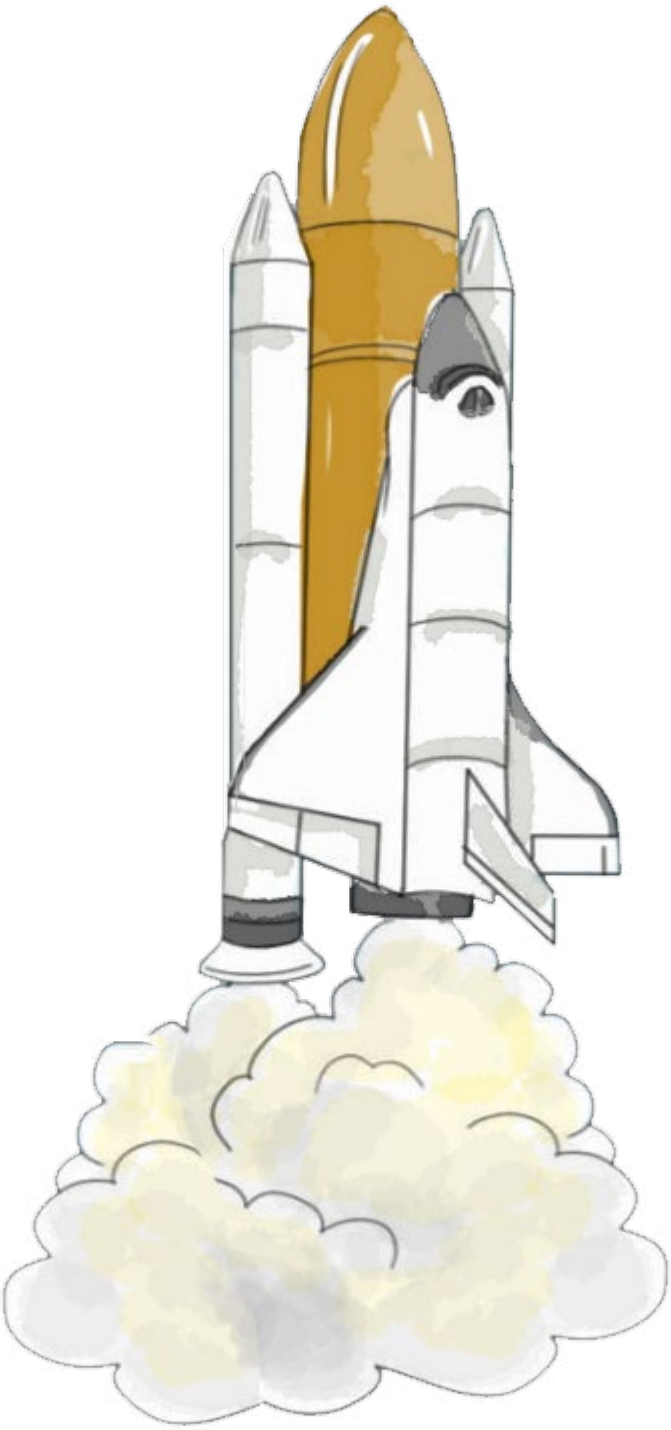

Rocket

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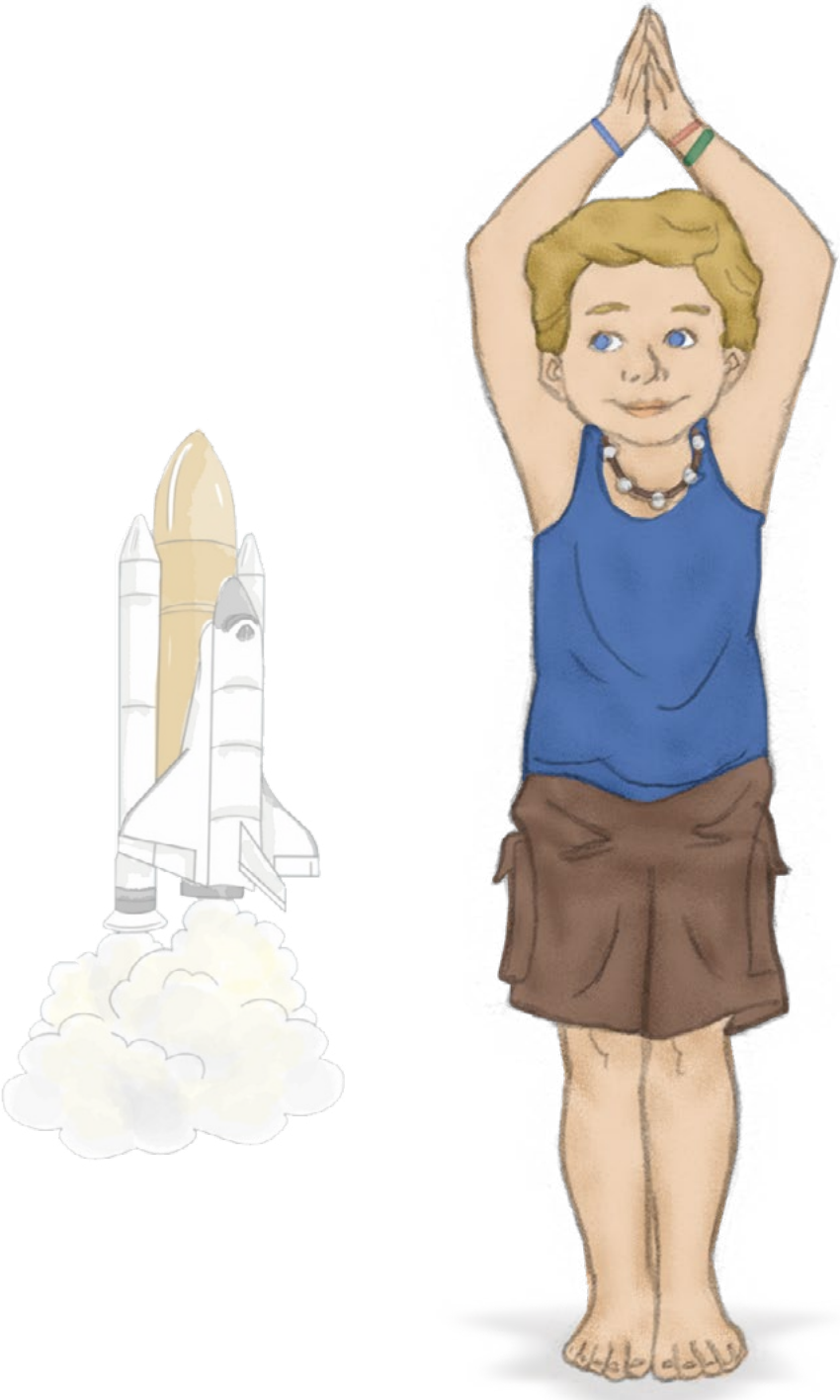

Extended Mountain Pose

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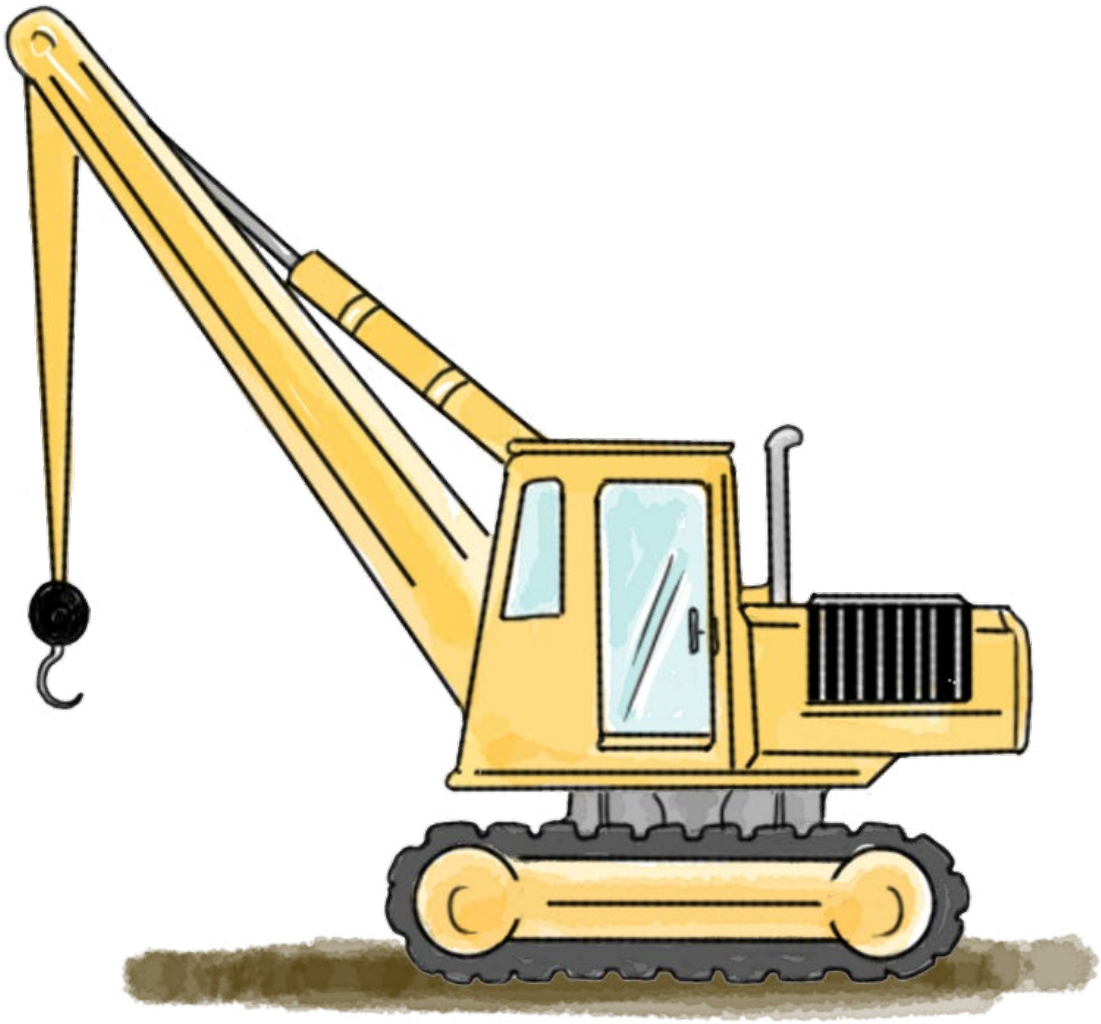

Crane

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Crescent Moon Pose

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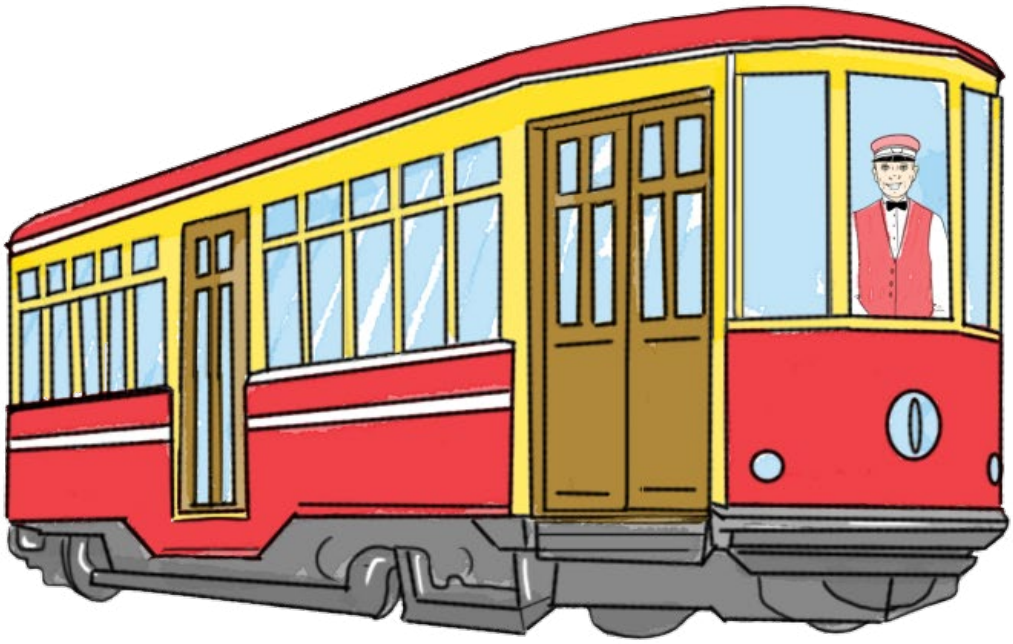

Trolley

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Mountain Pose

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Helicopter

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Tree Pose

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Sailboat

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Triangle Pose

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Scooter

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Warrior I Pose

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Skateboard

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Warrior 2 Pose

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Airplane

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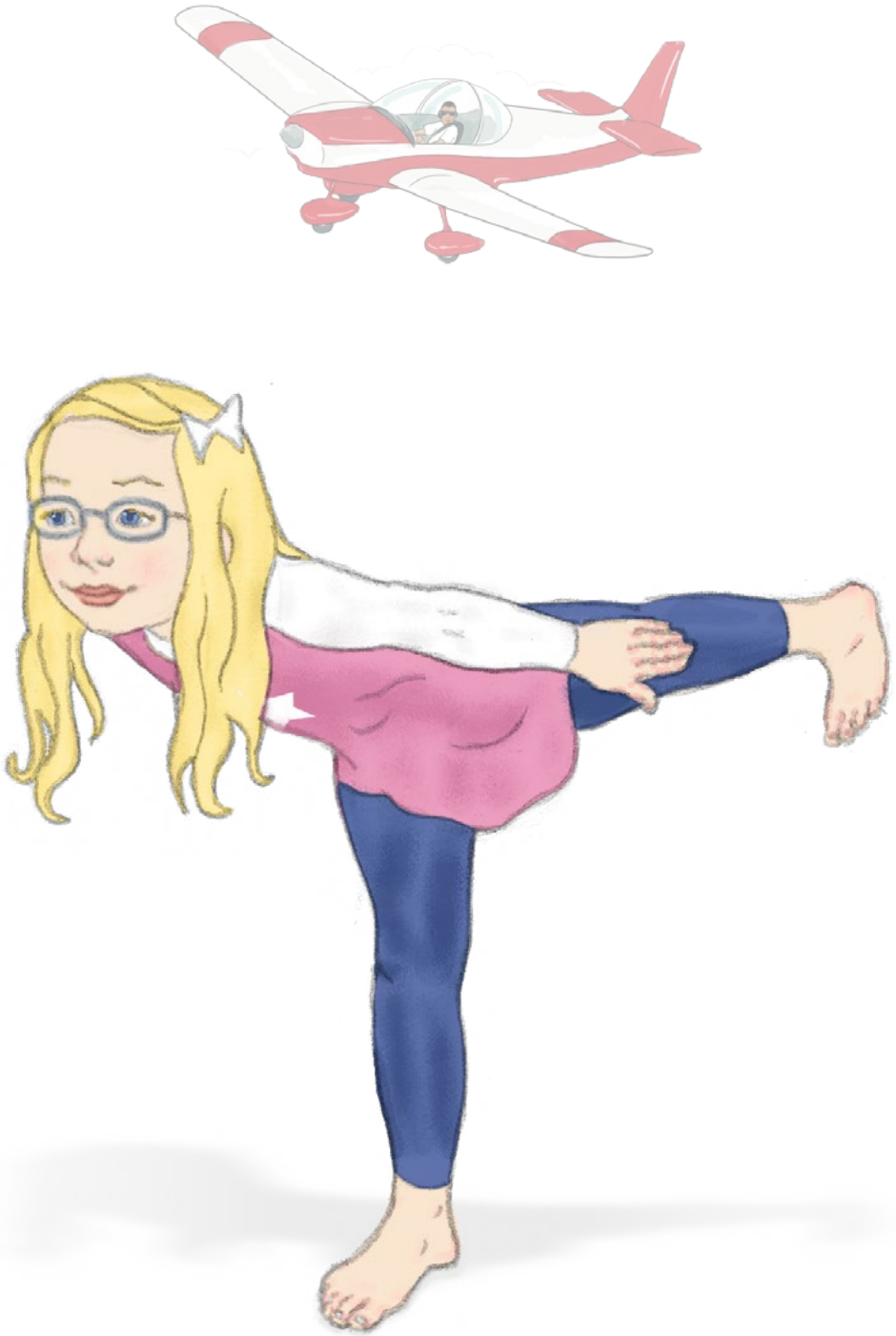

Warrior 3 Pose

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Tractor

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Chair Pose

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Digger

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Standing Forward Bend

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Motorbike

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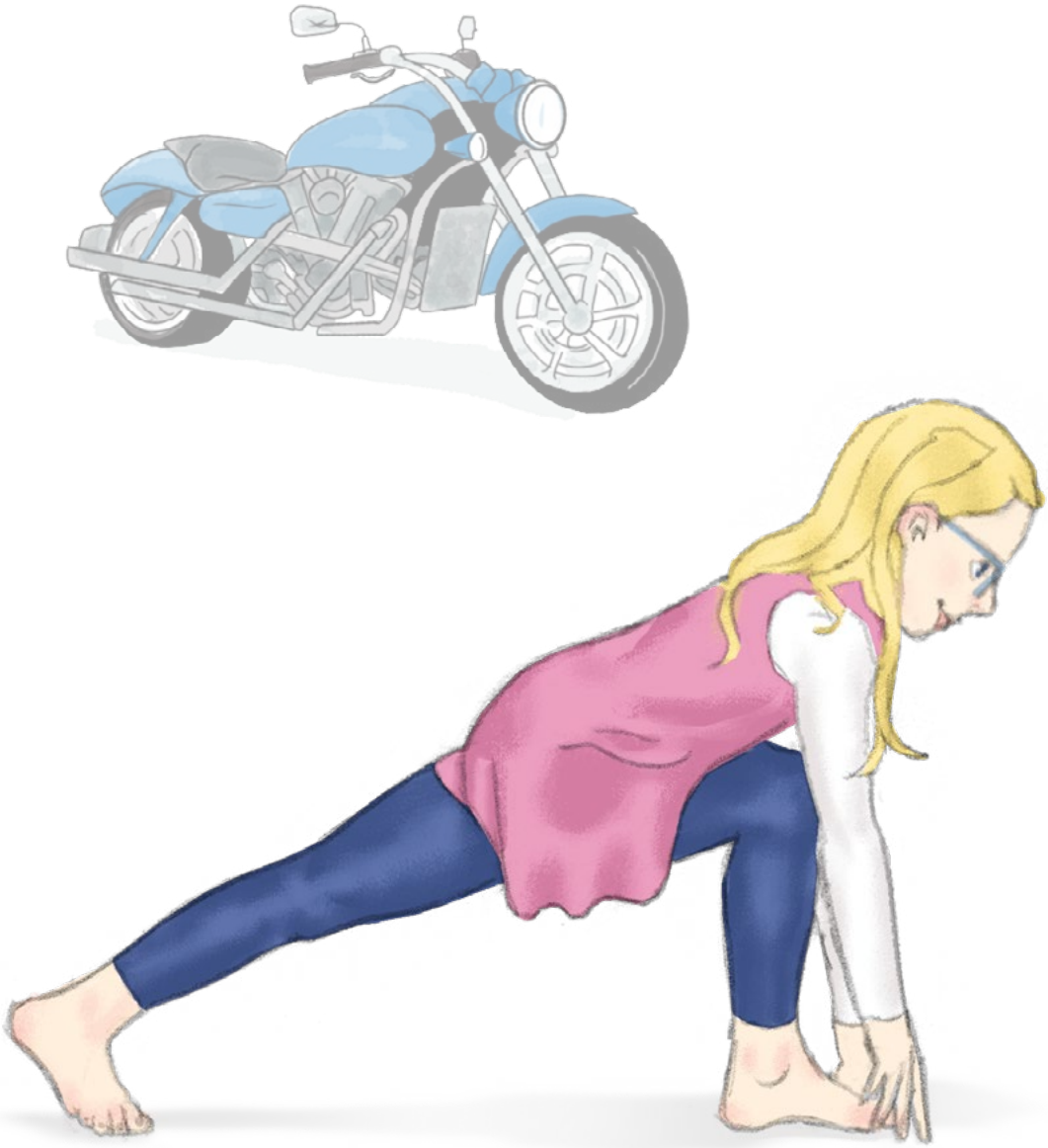

Lunge Pose

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Snowboard

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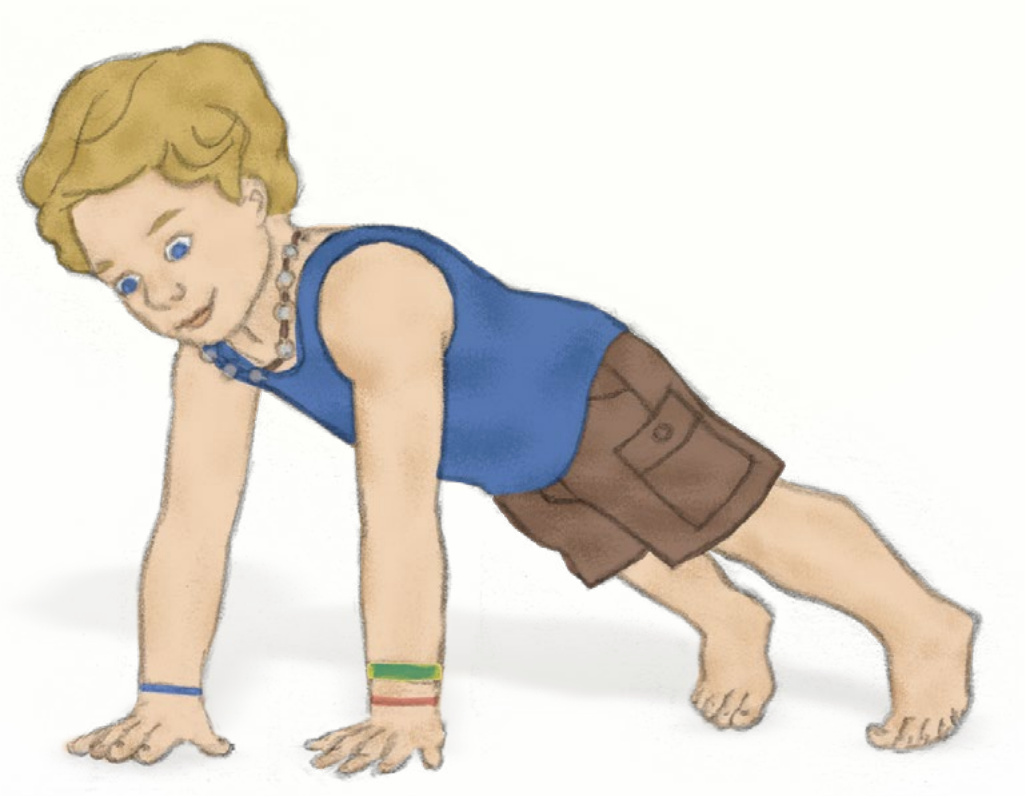

Plank Pose

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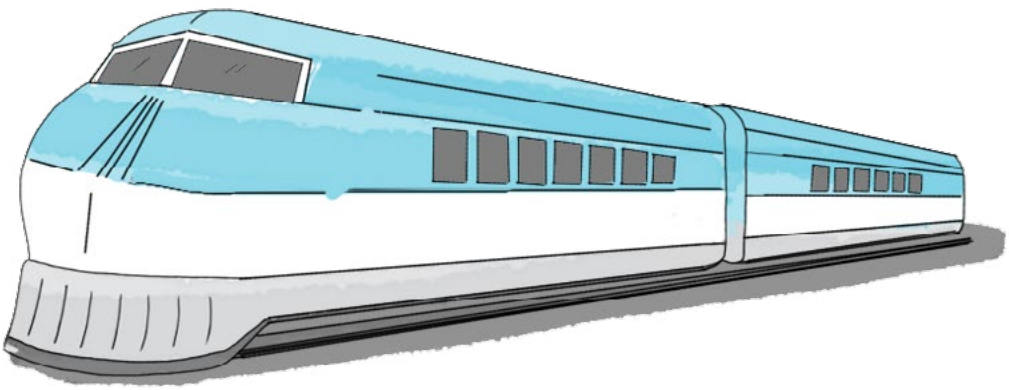

Train

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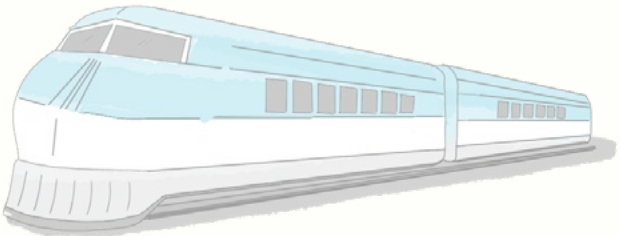

Staff Pose

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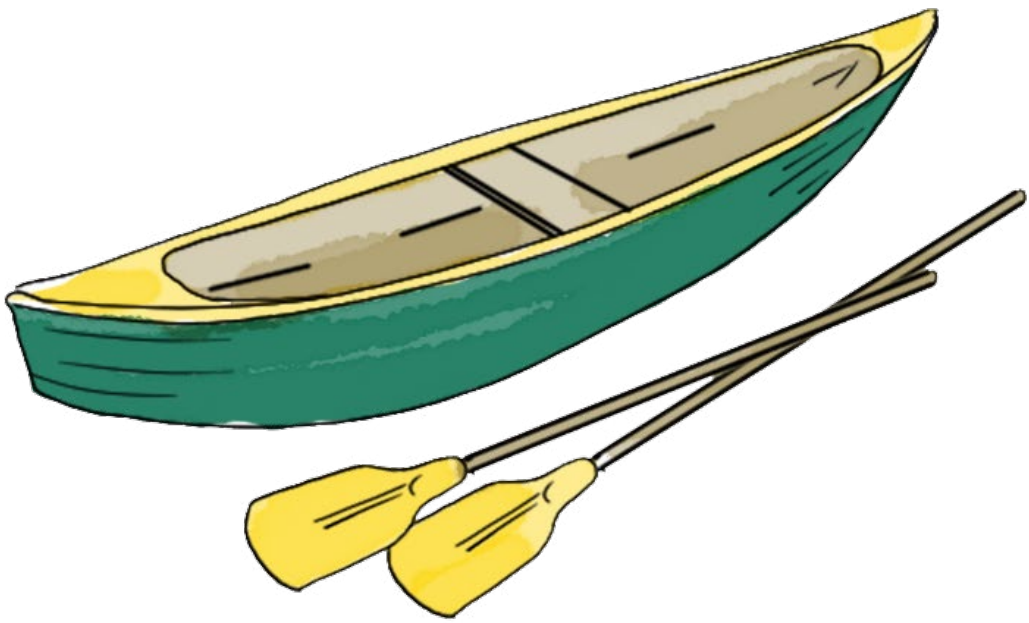

Canoe

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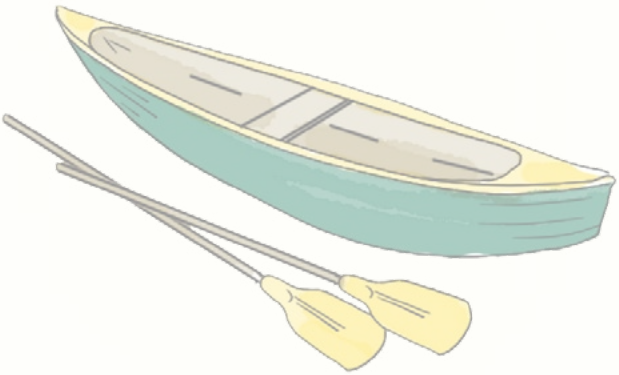

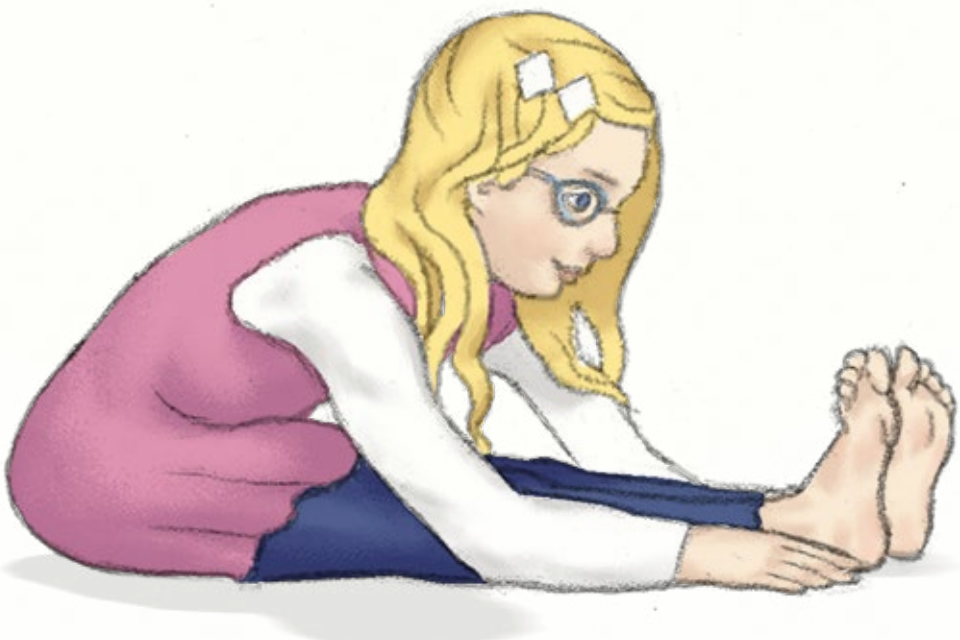

Seated Forward Bend

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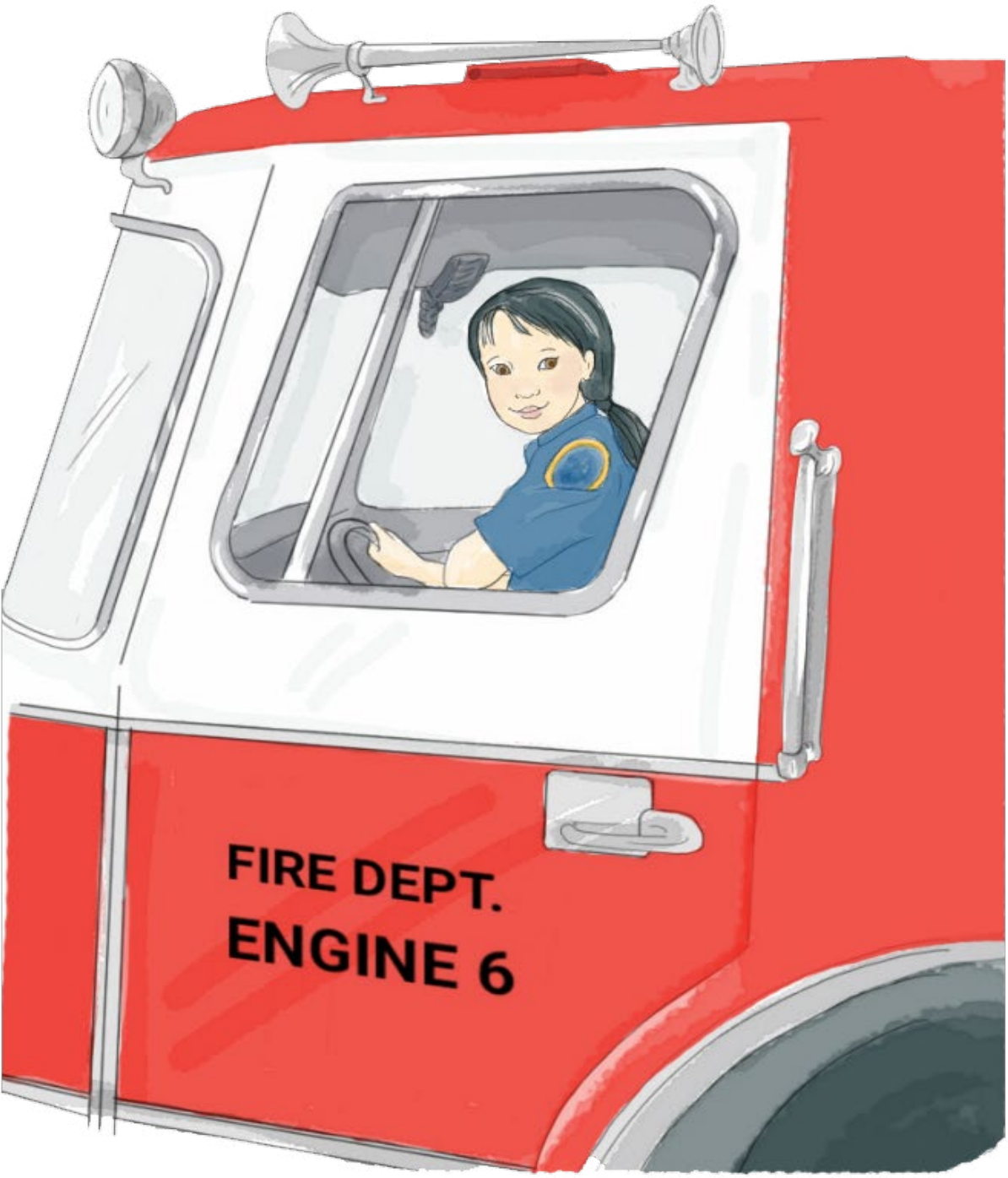

Fire Engine

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Seated Twist

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Cruise Ship

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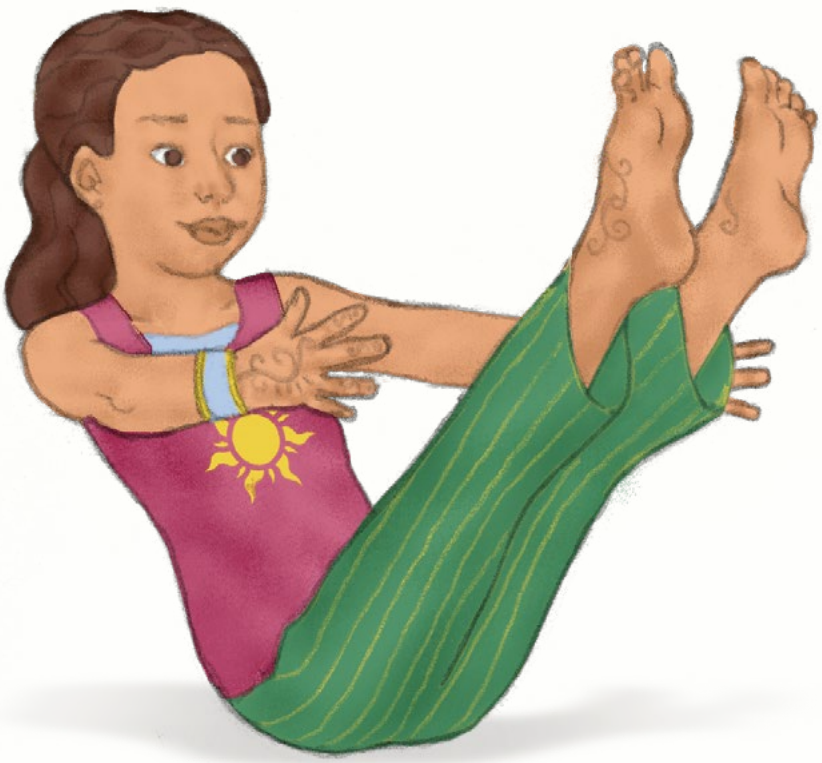

Boat Pose

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Bicycle

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Knees-to-Chest

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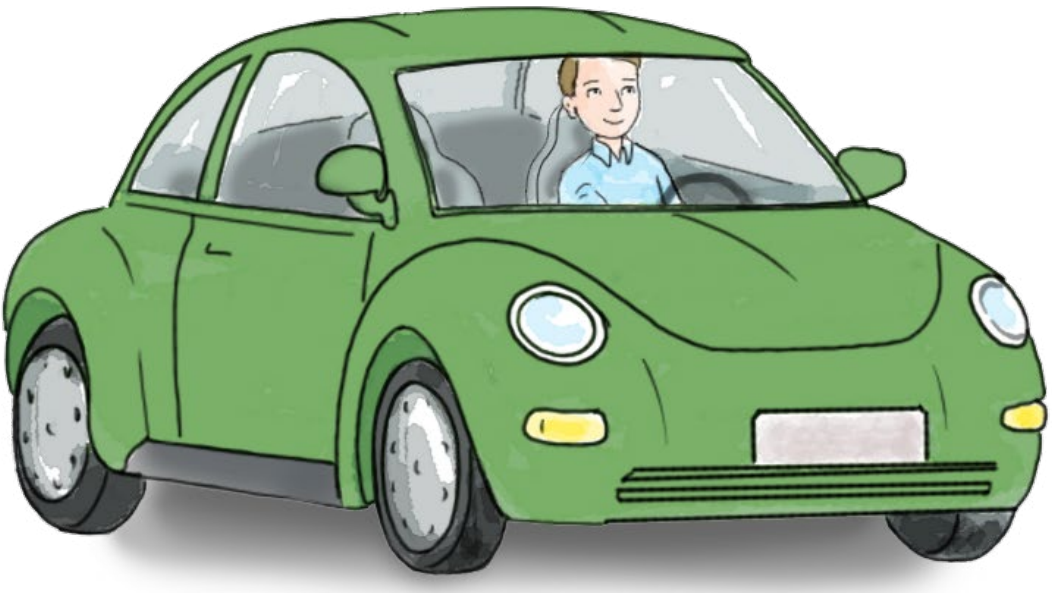

Car

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Easy Pose

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