



my first



YOGGA



Fun and simple yoga poses for babies and toddlers



Dear parents,

Thank you for choosing to explore yoga with your little one. Yoga has many benefits: it can improve strength, balance, and coordination, as well as promote confidence and mindfulness. The simple poses in this book are perfectly suited for children ages 1–3, and are based on positions that young children naturally get into when they play. To ensure your child practices safely, encourage them to keep their joints “soft,” or bent. Avoid pushing “flexibility,” since this can put stress on joints and muscles. You’ll find variations of the poses within this book. Yoga for young children is not about being perfectly in position—it’s about playing and having fun!

The order of the gentle poses has been designed to first engage, then energize, and finally relax your child. After sharing this book once, why not shake up the order of the poses and create different stories together based on the characters?

Turn the page to begin your child’s first yoga journey.

Namaste,

Colette



Consultant **Colette Bruce** is a certified yoga teacher, specializing in baby and toddler yoga.



Safety information

Every effort has been made to ensure the exercises in this book are suitable for young children.

Please consult a doctor beforehand if you are concerned your child has any condition that might be affected by doing the exercises in this book. The publisher does not accept any responsibility for any injury or damage arising from following any of the exercises or suggestions contained in this book.



Close your eyes.
Take five long,
deep breaths in
through your **nose**
and out through
your **mouth.**



Then let's wriggle and warm up!

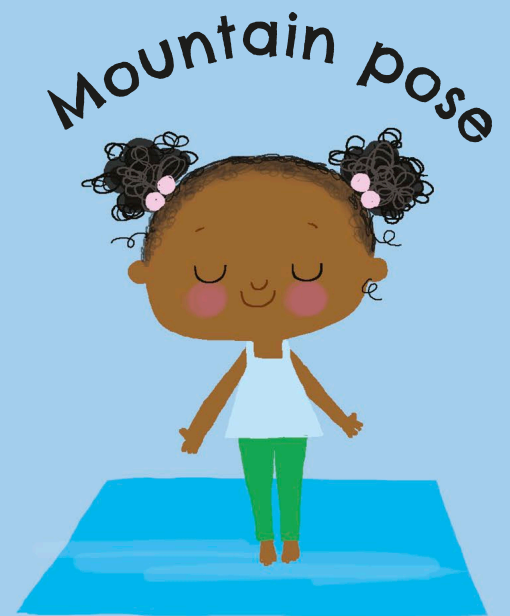


Mountain



Stand up tall and still, like a mountain.

Place **both** your
feet firmly on the **ground**
and then let your **arms fall**
by your **sides**,
palms forward.



This makes you
feel strong.

Tree



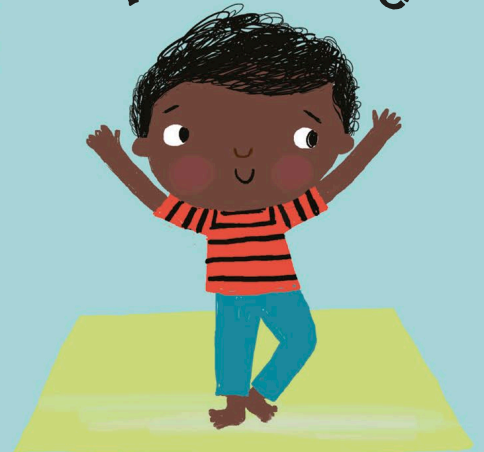
Stretch up as
tall as a tree.

Reach up!



Then try
balancing on
one leg.

Tree pose



This pose is good
for balance.

Butterfly

Can you sit like a beautiful butterfly?

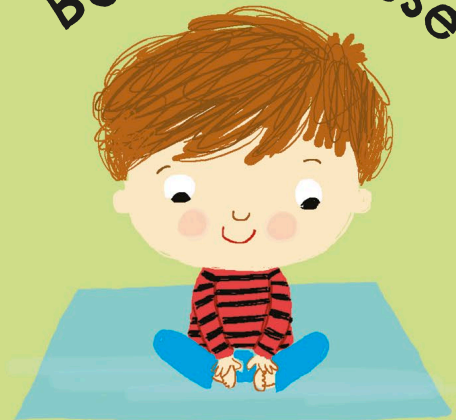
Flutter!
Flutter!



Hold your **feet together**
and **sit up straight**.
Then **bounce** your **knees**
like wings **flapping**.



Butterfly pose



This relaxes your
lower back and thighs.



Lion's breath

Breathe like a lion.



Roar!
Roar!



**Breathe in through
your nose, then open
your mouth wide,
stick out your tongue,
and let out your
biggest breath!**

Lion's breath pose



**This pose wakes
you up.**



Frog

Ribbit!
Ribbit!



Can you be a **jumpy** frog?



Bend your **knees**
and **crouch** low
with your **hands**
in front of you.

Then **jump** up!

Frog pose



This pose strengthens
your legs and tummy.

Cat

Get on **all fours** like a cat, **arch**
your back, and **tuck your chin in**.



Cat pose



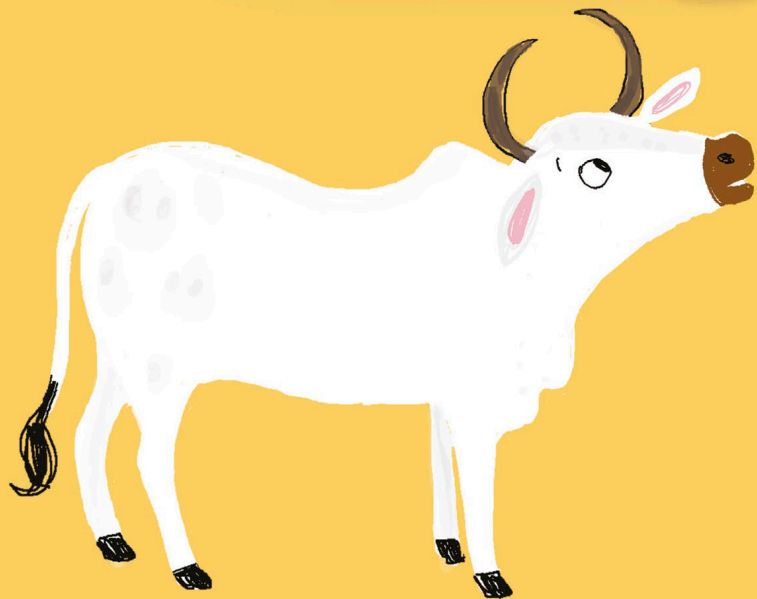
Meow!



Cow



Then **push** your **tummy down**, look up to the **sky**, and **moo** like a **cow**.



MOO!

cow pose

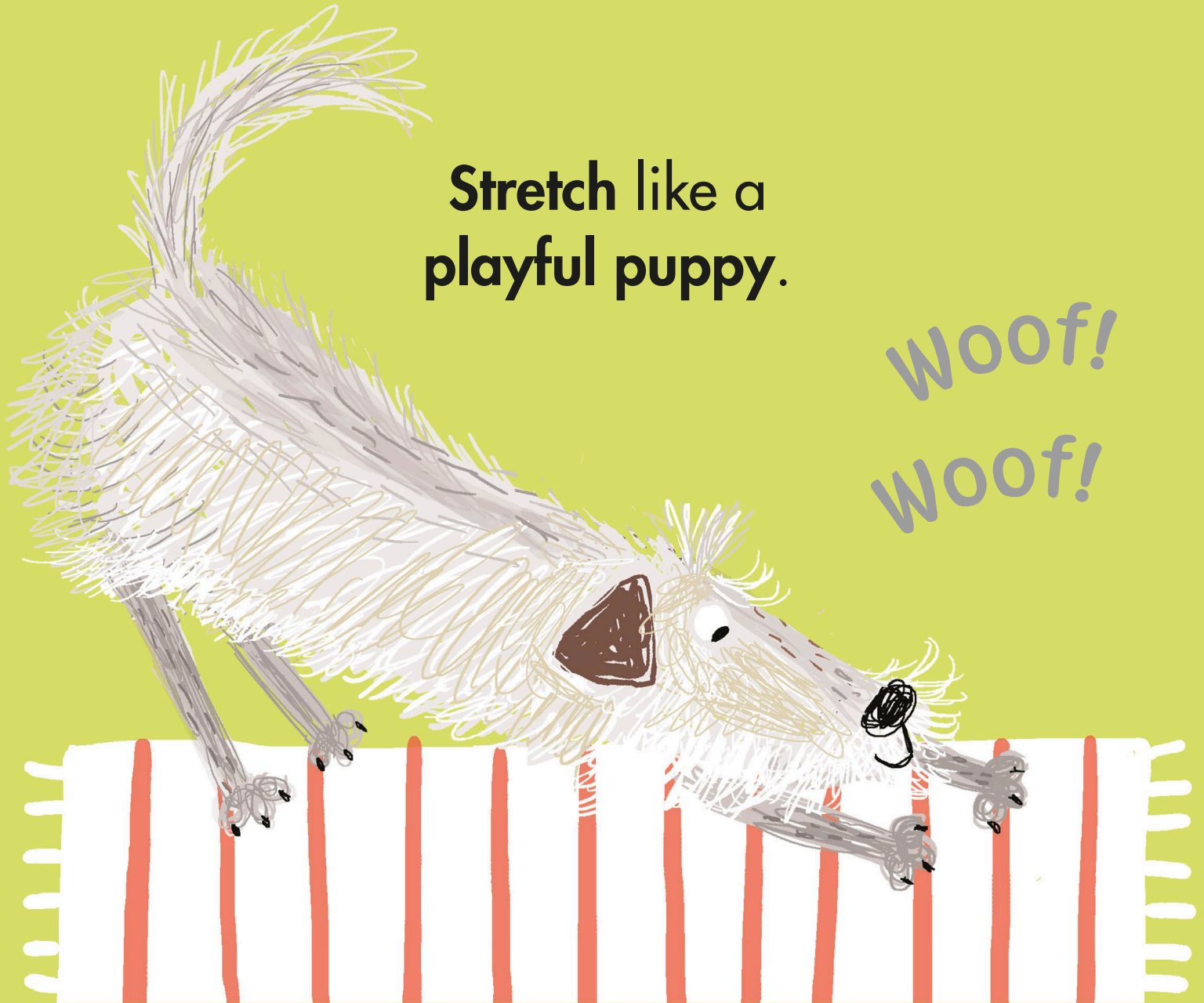


Cat and cow poses
loosen your back.

Downward-facing dog

Stretch like a
playful puppy.

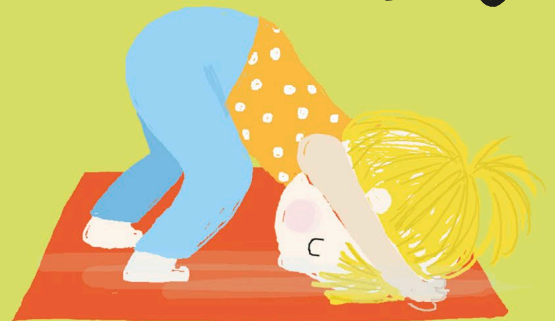
Woof!
Woof!



Put your **hands** and **feet** on the floor.



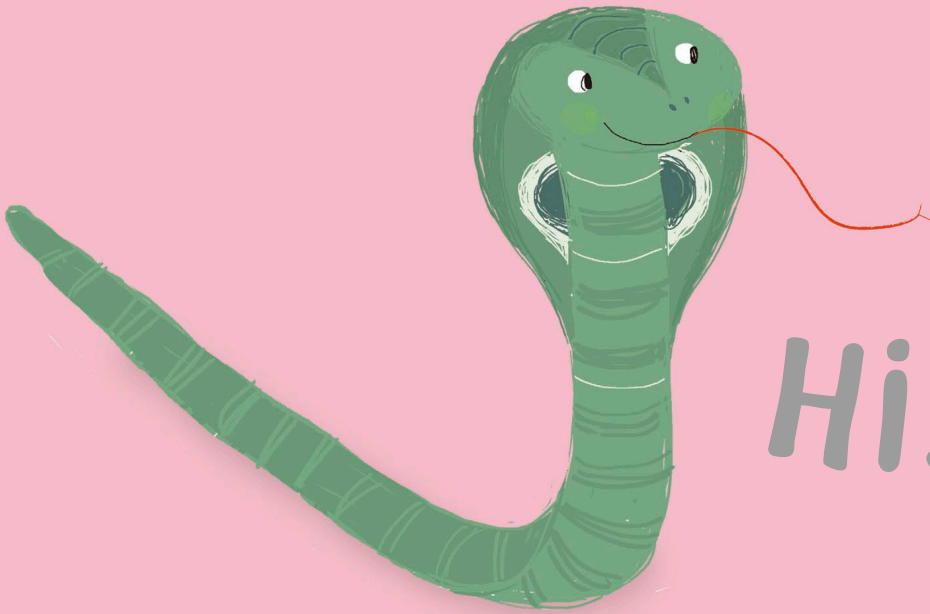
Downward-facing
dog pose



Then push your **bottom**
up to the **sky**, keeping
your **knees bent**.

This makes you
feel full of energy.

Cobra



Hisssss!

Lie on your tummy like a snake.





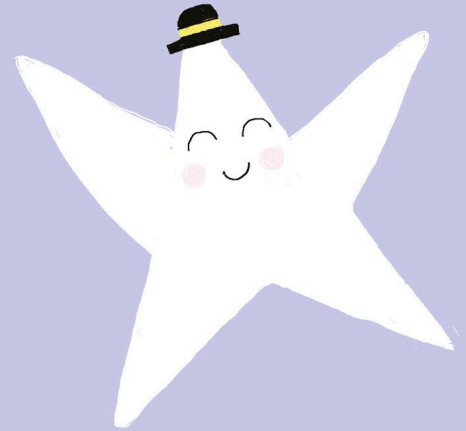
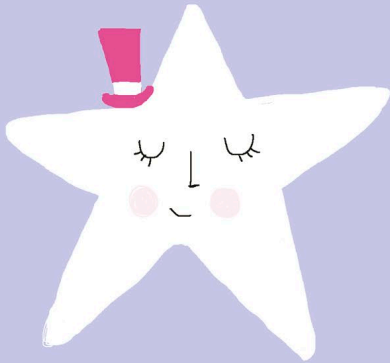
Then press your **hands**
down into the **ground**
and **lift** up your
head and **chest**.

Cobra pose



This strengthens
your back.

Star



Can you
sparkle
like a **star**?





**Step your feet
wide apart and
stretch your arms
out straight.**



**sparkle!
sparkle!**

star pose



**This pose stretches
your body.**

Crescent moon



**Reach your arms
up high and
lace your
fingers together.**



**Breathe in and
out as you bend
to each side.**

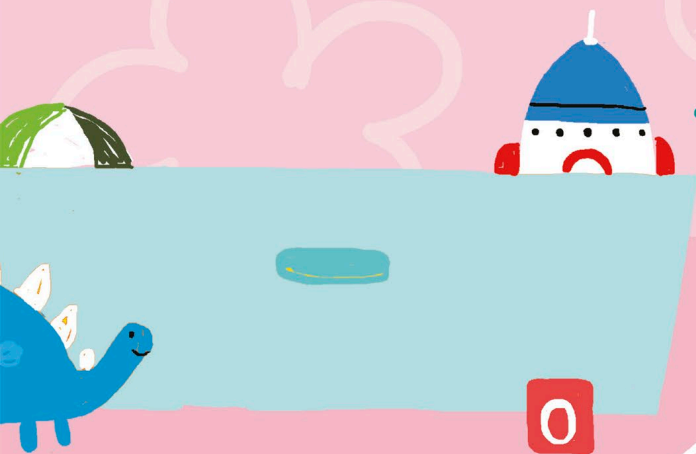
*Crescent
moon pose*



**This helps strengthen
your tummy and back.**

Rag doll

Flippy!
Flop!



Flop forward
like a rag doll.

**Bend your knees
and slowly roll down.**



Swing!

**Swing your arms
in front of you.**



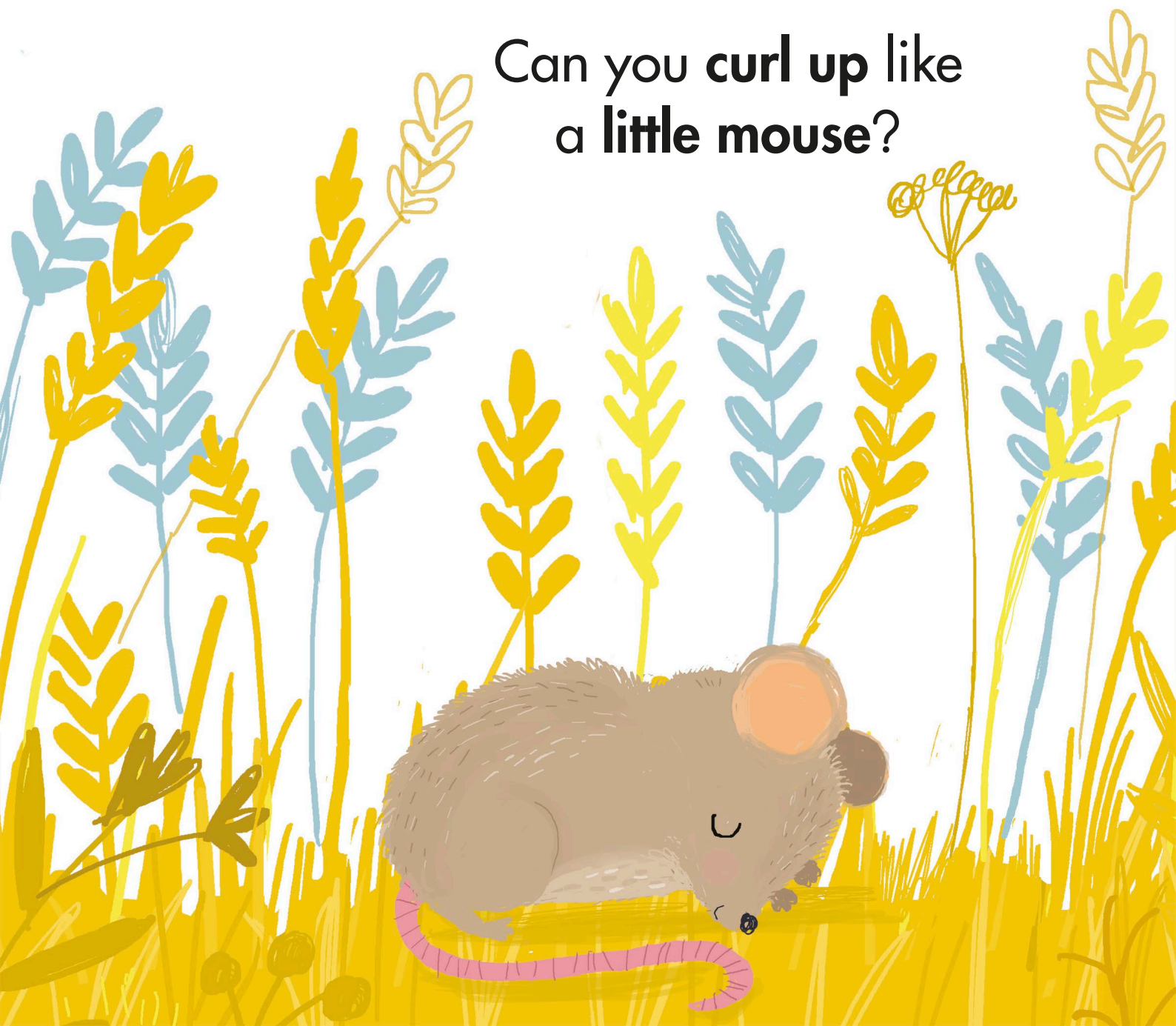
Rag doll pose



**This pose
calms your body.**

Mouse

Can you curl up like
a little mouse?



Start on *your hands and knees*.



Then *lay forward and snuggle*.



snuggle!
snuggle!

Mouse pose



This pose
relaxes you.

Cloud



Ahhh!



Let's lie on a *fluffy* cloud.

Hold onto your feet or ankles.



Gently rock from side to side.

Cloud pose



This soothes your back.

Sloth



The sleepy
sloth is relaxing.





Lay flat on your back.



Place a hand on your tummy, and gently breathe in and out.

Sloth pose



This pose helps you rest.

Let's flow

Learn the sequence of poses.

1

The first part makes your brain and body feel strong.



Mountain



Tree



Butterfly

2

The middle section helps you feel energized.



Lion's
breath



Frog
(Squat)



Cat



Cow



Downward-
facing dog



Cobra



Star



Crescent
moon

3

The final part calms you down
and leaves you feeling relaxed.



Rag doll
(Forward
bend)



Mouse
(Child's
pose)



Cloud
(Happy baby)



Sloth
(Savasana)



Easy yoga poses for little ones

Discover the joys of yoga with your baby or toddler in this perfect first book of yoga. Stretch, breathe, and giggle your way through carefully selected positions, designed to engage, energize, and then relax your child.

- Develops strength, coordination, and balance
- Promotes early reading skills by introducing and broadening vocabulary
- Teaches young children the importance of relaxation



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