

# Yoga Poses



This document contains all poses taught in the Striver Yoga units for all age groups.



www.striver.com



**Aeroplane**

1. Start in mountain pose. Focus on a point ahead of you to aid balance.
2. Stretch your arms out to the side and shift your weight over your right leg.
3. Bend forward at the waist while you lift your left leg.
4. Hold and then try with the other leg lifted.
5. Movements should be slow and controlled.



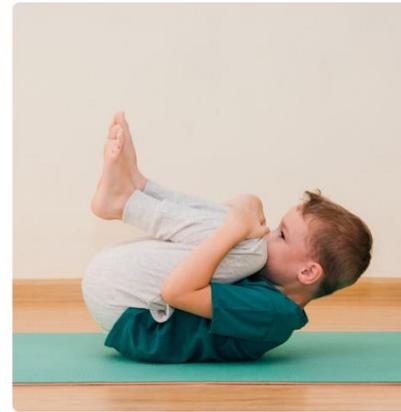
Well-being: Yoga



www.striver.com



Well-being: Yoga



**Ball**

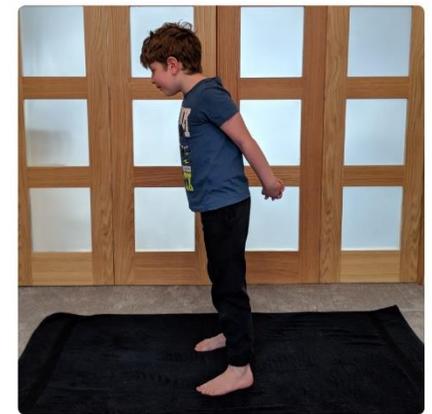
1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Wrap your arms around your knees and then gently roll back.
4. Try to use your tummy muscles to roll forwards again.



www.striver.com



Well-being: Yoga



**Bee**

1. Stand in mountain pose, roll your shoulders back and reach behind you to hold your hands behind your back.
2. You are a bee and your hands are your stinger.
3. Stretch your hands away from your back to make your stinger stand out.
4. Take in a deep breath to fill your chest and extend your stinger each time you breathe out.



www.striver.com



**Boat**

1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Stretch your arms out either side of your knees.
4. Lift first one foot and then the other off the floor and try to use your tummy muscles to find your balance.
5. Point your toes.



Well-being: Yoga



www.striver.com



Well-being: Yoga



**Challenging Boat**

Start in boat pose and try to straighten your legs up towards to sky.



www.striver.com



Well-being: Yoga



**Bow**

1. Lie on your tummy and bend your knees to bring your feet into the air.
2. Reach your hands behind you and grab your feet.
3. Inhale and curl your spine up and look to the sky. Feel the stretch.
4. Come back to lying for a couple of breaths then repeat.



www.striver.com



Well-being: Yoga

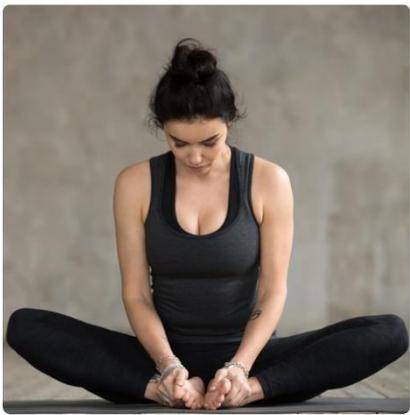


**Bridge**

1. Lie on your back, put your feet flat on the floor hip distance apart.
2. Roll your shoulders back and keep your arms down with your hands facing down.
3. Now try to lift up your hips to raise the bridge.
4. Hold for a few breaths and then roll yourself back down by imaging rolling down from your neck to your hips.
5. Variation: clap hands behind back 'under the bridge'



www.striver.com



### Butterfly

1. Sit on the mat.
2. Bend your knees and put your feet on the floor.
3. Drop your knees to opposite sides so the soles of your feet are touching making your butterfly wings. Hold your toes lightly.
4. Sit up nice and tall.
5. Breathe in and lift up your knees.
6. Breathe out and drop your wings down.



### Camel

1. Come to kneeling but do not sit back on your legs.
2. Bring your hands to your lower back with your fingers pointing downwards. Inhale and open up your chest.
3. Now try to reach back with one hand to grasp your heel.
4. Then repeat with the other hand.
5. Hold and stretch for a few breaths.
6. Press your hips forward and lift your chin to the sky.
7. Take a few breaths like this then move one hand at a time to your lower back to support you as you straighten up.



### Candle

Lie on your back and stretch your feet straight up in the air into candle pose.



### Childs 1

Come into table pose and sit back on your feet but keeping your hands on the floor so your body and head is at rest.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Cobra

1. Lie on your front with your legs straight, pointed toes.
2. Put your hands on the floor under your shoulders.
3. Inhale and lift your chest up using your arms to push up.
4. Exhale and lower down.
5. Repeat.



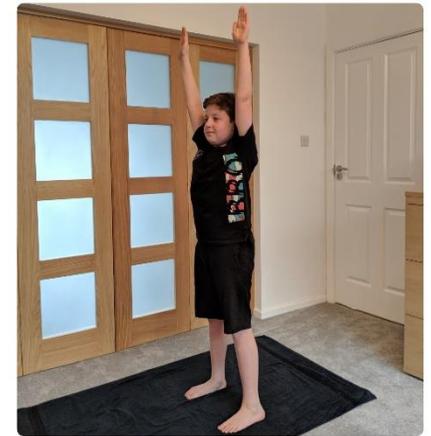
### Conductor breath 1

Stand in mountain pose and widen legs a little. Breathe in through your nose at the same time as bringing your arms up in front of you.



### Conductor breath 2

While still breathing in, bring your arms out to the sides.



### Conductor breath 3

Continue your in-breath and bring your arms up.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Conductor breath 4

Then, breathe out through your mouth while letting your arms and torso fall between your legs; bending your knees slightly.



### Cow

1. Start in table pose, curve your spine towards the floor so your tummy hangs down.
2. Lift your head so you are looking forwards and upwards.



### Crab

1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Put your hands on the floor behind you with your fingers facing outwards from your body.
4. Lift your tummy up as high as you can.



### Crescent Moon

1. Sit up and reach your arms up to the sky with your palms touching.
2. When you exhale, bend your body to the right, put your right arm down to the floor and your left arm curved over your head in crescent moon pose.
3. Inhale up and exhale down to the other side.
4. Repeat this a few times.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Cricket

1. Lie on your back and stretch your feet straight up in the air into candle pose.
2. It can feel relaxing to do this; your feet waving like candle flames in the air.
3. Bend your knees and see if you can bring the soles of your feet together.
4. Can you rub the soles against one another and the palms of your hands against one another while lying on your back.



### Double Boat

1. With a partner, sit facing each other, bend your knees in front of you and touch feet on the ground.
2. Hold each other's hands and slowly lift one foot up in the air with your partner until they are touching sole to sole.
3. Make sure you are holding hands firmly and lift the other when you are ready. This is double boat
4. If you feel stable, you can lift your feet further so that your legs are straight still with feet touching your partner's to double boat 2.



### Double pretzel

1. With a partner, sit cross-legged.
2. Shuffle forwards so that your legs touch.
3. Stay sitting how you are but twist your bodies to the left so you are not facing each other, you should be facing opposite directions.
4. Reach your left hand behind your back and then try to grasp your partner's left hand with your right hand.
5. You should make a pretzel shape.



### Double-Dragon

1. With a partner. Face each other about a metre away from each other.
2. Come down to sit on your knees.
3. Bring your right leg forward and place your foot flat on the floor. Your foot should be directly below your knee.
4. Position yourself with your partner so that the insides of your right knees are facing each other. They do not have to touch.
5. Stretch your arms straight up above your head and try to touch hands with your partner.
6. You are dragons facing one another. Can you take some breaths and reach one another with your fiery breath?



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Downward Dog

1. Start in table pose and tuck your toes under.
2. Now straighten your legs and try to put your feet flat on the floor. Your bottom should be up in the air.
3. Relax your head down.
4. Try to keep this pose for a few moments feeling the stretch in the back of your legs and your spine. Keep your arms strong.



### Easy

Sitting cross legged or with knees out to the side and feet brought towards the body interlocked.



### Flag

1. Stand back in mountain pose and move into downward dog.
2. Now turn onto the outside edge of your right foot and shift your weight onto your right hand.
3. Turn your body to the left to come into flag pose with your legs stacked on top of one another and your left arm in the air.
4. Switch sides.



### Flamingo

1. Stand in mountain pose.
2. Shift your weight over one of your legs and keep just the toes of the other leg touching the ground.
3. Try shifting to the other side and then back.
4. Slowly move the toes nearer to the strong leg and try to lift the toes to rest your foot on the strong leg (see tree version 2) keeping arms by your side.
5. When you feel balanced, tuck hands into arm pits to make the wings of the flamingo pose.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Frog

1. Stand in mountain pose then move your feet so they are a little wider apart.
2. Bend your knees to the sides to squat down until your bottom nearly reaches the floor. Are your feet flat on the floor?
3. Place your hands on the floor between your feet.
4. EXTENSION – Bring your hands into Namaste position for more challenge.



### Gate

1. Start on your knees.
2. Stretch your right leg out to the side with pointed toes.
3. Make sure that your knee is pointing to the sky.
4. Stretch your arms to the sides to make the gate.
5. Open the gate by bending at the waist to the right and putting your hand on your outstretched knee with your other arm facing up.
6. Look at your top hand.
7. Repeat on the other side.



### Giraffe

1. "Inhale and bring your arms up to the sky and point your right leg in front of you with your toes off the floor.
2. Keep your legs straight, when you exhale, fold your body forwards to bring your hands down over your front leg.
3. Steadily, raise up and place your pointed foot down, pointing your other leg to repeat and maintain a 'giraffe walk!'"



### Happy Baby

1. Lie down on your back.
2. Hug your knees to yourself for a moment. This is called ball pose.
3. Then try to grab your toes to make happy baby pose.
4. Stretch like this for a few moments.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga

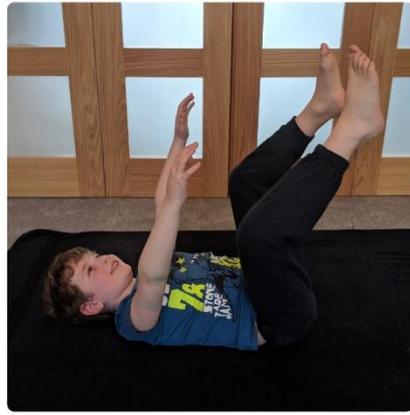


www.striver.com



Hero

1. Kneel on the floor and move your feet apart so that you can sit back with your feet either side of your bottom.
2. Put your hands on your knees.



Jellyfish

1. Lying on the floor, lift up your arms and legs to become tentacles. This is jellyfish.
2. Move your tentacles as if you were swaying in the sea.



Kneeling- toes tucked



Kneeling with block



Lizard on a Rock

1. With a partner. One person is the rock. They should pose in child's pose with their arms forwards.
2. The lizard should sit very gently on the rock's back, sitting low down onto their sacrum (where trousers pull up to) and facing towards their feet.
3. The lizard should then roll back and put their arms above their head reaching towards the floor by the rock's head.
4. The rock can grasp the lizard's hands and help the stretch.
5. When the rock is ready to get up, they should state this to the lizard and then roll slowly upwards.



Lotus

1. To sit in lotus, draw your right foot up onto your left thigh. The sole of your foot should be pointing up. This is half lotus.
2. Switch sides and repeat half lotus. It's important to switch sides in most poses to give both sides of your body equal practice.
3. Come back to half lotus and draw your other foot up to your thigh.
4. Try to stretch your spine straight and take some breaths in this pose.
5. Look at the images (lotus 1,2 & 3) to see various arm and hand options for this pose.



Lotus Flower

1. With a partner. Hold each other's hands and slowly lift one foot up, on the outside of your hands, in the air with your partner until they are touching sole to sole.
2. Make sure you are holding hands firmly and lift the other when you are ready.
3. If you feel stable, you can lift your feet further so that your legs are straight still with feet touching your partner's.
4. Feel the stretch for a few breaths and then slowly lower your legs before you let go of each other's hands.



Lying Butterfly

1. Lie on the floor in Savasana pose. Body relaxed.
2. Bend your knees and put your feet flat on the floor then open up the knees to relax them to the sides in butterfly pose.





### Marching Horse

1. Come into table pose and stretch one leg out straight behind you.
2. Stretch out the opposite arm.
3. Hold this pose for a few breaths and then swap sides. Do this a couple of times.



### Mixing Bowl

1. With a partner. Sit down with your legs stretched in front of you in a wide V-shape. Your feet should be touching.
2. Hold hands and rotate in circles from the waist in mixing bowl pose. Do this in both directions.
3. Stop rotating and now hold wrists with your right arm with your partner and stretch the other arm behind you.
4. Make sure that your grip of one another is firm and then lean back to feel a good stretch. Then switch sides.



### Mountain

1. Stand up tall and strong with hands by your sides and feet about hip-width apart.
2. Spine should be long with a straight back.
3. Breathe in and lift your shoulders up towards your ears, breathe out and rotate your shoulders backwards and down to lengthen your neck.
4. You are a strong mountain. The Mountain pose is the starting point of all standing poses in yoga.



### Namaste

1. As a position, this refers to the positioning of the hands.
2. Palm to palm with fingers touching those of the opposite hand and pointing upwards.
3. Bring your hands to the centre of your chest.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Plank

1. Make your arms strong and move your hands slightly forwards away from your knees.
2. Lift up your head and chest.
3. Curl your toes under and lift your knees off the floor.
4. Gradually walk your feet backwards a bit until your body is a straight line from your neck to your ankles, this is plank pose.
5. Hold this pose for a few breaths and then move back to table pose and then back to plank pose again.



### Rag Doll

Stand in mountain and bend forwards letting your arms and head hang down.



### Reclining Twist

1. Lie down on your back.
2. Place your feet flat on the floor with your knees bent.
3. Stretch your arms out to the sides, make sure your shoulders are not hunched and are lying on the floor.
4. Inhale and then, as you exhale, drop your knees to one side and turn your head to look at the opposite side in a reclining twist.
5. Rest here for a couple of breaths and then bring your knees up and repeat on the other side. Make sure that you keep your shoulders touching the floor.



### Running

1. Stand in mountain then bend your knees and put your hands on the floor either side of your feet.
2. Take a big step back with your left foot, keeping your right foot and hands where they were.
3. Your right knee should be above your right foot. Check that your hands are either side of the front foot and your back leg is straight with your toes tucked under.
4. Face forwards and take some breaths.
5. VARIATION - To make a more challenging balance. Rest the hands on the forward knee.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Sailboat

1. With a partner. Open your legs into a narrow V-shape.
2. Bend your right legs in so that your foot touches your inner thigh.
3. Hold left hands and then stretch your behind your backs. This is the sailboat pose.



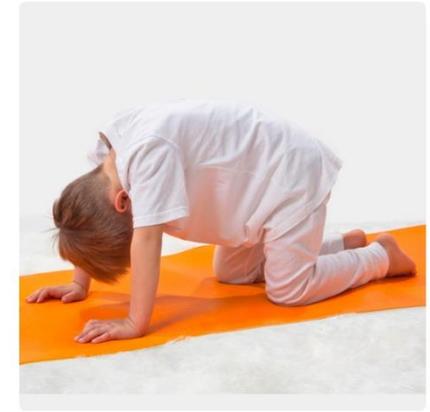
### Savasana

Lying on your back, arms by your side, palms facing up to the sky.



### Seesaw

1. With a partner. Sit down with your legs stretched in front of you facing your partner. Your feet should be touching.
2. Hold hands in seesaw pose.
3. One person should pull the other gently while they bend forward.
4. Can the person pulling help the other to gently stretch their back? Take this in turns.



### Scared cat

1. Start in table pose. Drop your head down so your chin touches towards your chest and you look towards your belly button.
2. Arch your back slowly so that it curves up.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Shark

1. Roll onto your tummy, keep your legs straight and then hold your hands behind your back to make a shark fin.
2. When you breathe in, lift up your arms, legs and chest; you are swimming through the sea.
3. Hold this for a breath and then come back down on the next breath out and then up again on the next breath in.



### Sitting Side Twist

1. Put your arms down and bring your right hand to your left knee.
2. Twist your body to the left and place your left hand on the floor behind you in a sitting twist.
3. Take some deep breaths and try to twist a little more each time.
4. Come back to centre and repeat this in the other direction.



### Slide

1. Sit up with your legs out in front of you.
2. Put your hands on the floor behind you.
3. Keep your legs straight with pointed toes.
4. Feel your strong arms and lift your body off the floor. Can you feel your core muscles tensing to hold you up?
5. Take a few breaths like this before coming down and repeating.



### Spider

1. Squat down until your bottom nearly reaches the floor with your heels flat on the floor like frog pose.
2. Put your hands on the floor and slide them around the outsides of your feet.
3. Look up.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Star

1. Stand in mountain pose and jump out your legs and arms to make a star shape.
2. Stretch yourself.



### Starfish

1. Lie down and spread out your arms and legs to make a starfish.
2. Imagine yourself sunbathing on the sand.



### Submarine

1. With a partner, sit back-to-back and bend your knees and put your feet flat on the floor in front of you.
2. Link arms with your partner behind you by hooking elbows together.
3. The challenge is for each of you to push back and work together to come up to standing.



### Superman

1. Stand in mountain pose.
2. Open your legs a little wider.
3. Stretch your arms above your head with the hands in fists.
4. Stand strong.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Swan

1. Come up into table pose.
2. Make sure your arms are strongly holding you and lift your feet up.
3. Keep your chest wide and open and flex your feet towards your head.



### Table

1. This begins by kneeling and sitting back on your heels with a straight back.
2. Put your hands on the floor in front of you and come up onto your hands and knees. Your knees should be hip-width apart and your hands should be flat on the floor with your fingers facing forwards.
3. Make sure that your hands are below your shoulders, not further forwards or backwards or too close or far apart.
4. Your spine should be straight from the bottom of your neck to your bottom.



### Tic Tac Toe

1. With a partner, stand next to one another facing forwards and put your hands around each other's shoulders (one arm each).
2. One child should lift up the leg nearest their partner to the side behind their partner and their partner should hold the leg up with their free arm.
3. The child who has both feet still on the floor should lift the leg nearest to their partner to the side in front of their partner and their partner should grasp their leg.



### Tree Pose

1. Stand with feet together. Look ahead of you and find a point on which to focus, looking at this point through the pose will improve your balance.
2. Shift your weight over your left foot and point your right foot out to the side without moving it away from your left foot.
3. Rest your right heel on your left ankle keeping your toes on the floor. **This is tree pose 1.**
4. Now keep your balance and lift your right foot up to rest on the inside of your calf. **This is tree pose 2.**
5. Move your right foot as high up your left leg as you can. Stretch your branches up to the sky in **tree pose 3.** Balance for several breaths and then switch legs.

In any of the tree poses, your arms are your branches, grow them up to the sky. Keep looking at your focus point to keep your balance. Your arms should be straight. Check that you aren't hunching up your shoulders.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Triangle

1. Stand in mountain pose.
2. Jump your legs out wide. Keep your toes pointing forward.
3. Turn the toes of your right foot outwards and reach your arms out to the sides.
4. Bend to the right side and rest your right hand on your right leg.
5. Keep your other arm stretching up into the air.
6. VARIATION – While in triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.



### Upward Dog

1. From downward dog, breathe in and lower your body to the floor, keeping your toes tucked in and your arms straight.
2. Look up.



### Warrior 1

1. Start in mountain pose and jump your legs apart.
2. Point both feet to the right by swivelling on the spot and turning your body in the same direction.
3. Bend your right leg and put your arms high above your head to take you into warrior 1 pose.

How long can you hold this pose?



### Warrior 2

1. Start in mountain pose and jump your legs apart, point your right foot to the side and put your hands out to the sides.
2. Bend your right leg and look towards your extended right arm without twisting your body in that direction.

Can you bend the right leg more and keep your balance?



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



### Warrior 3

1. From mountain pose, jump your legs apart. Swivel your feet to point towards the right.
2. Put your hands on your hips and turn your hips to face the direction of your right leg.
3. Bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you.
4. Stretch both arms out in front of you. Feel the strength of your body. This is warrior 3.



### Warrior Friends

1. With a partner. Stand facing each other.
2. Both take a step back with your left leg.
3. Position your right leg so that your inner knees, legs and feet are touching.
4. Twist your body to the right to face away from your partner.
5. Reach your left arm behind your back and your right arm in front of your partner.
6. Turn your heads to look at one another.
7. Hold the pose for a few breaths and then see if you can get into it with the opposite legs forwards. right arm in front of your partner.
8. Try to hold each other's hands.



### Washing Machine

1. Stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body.
2. Imagine washing out any anger or bad feelings like worries and hurt. These feelings are washing down your arms and down the drain. You are lighter now.
3. The cycle has finished so shake yourself dry and then come back to mountain pose and take some deep breaths in through your nose and quietly out through soft lips.



### Wonder Woman

1. Stand in mountain pose.
2. Open your legs a little wider.
3. Make your hands into fists and put them on your hips.
4. Open up your chest and look upwards.
5. Stand strong and tall.



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com



Well-being: Yoga



www.striver.com