kidpro

Yoga for kids

12 WEEK PROGRAMME

20 Yoga movements, repeated across 12 weeks. The movements stay the same, the child's progress doesn't

week 1

- PHALAKASANA
- VRIKSHASANA
- UTKATASANA
- TRIKONASANA

week 2

- NAVASANA
- VIRABHADRASANA
- DOWN DOG TO COBRA
- BADDHA KONASANA

week 3

- BHUJANGASANA
- GARUDASANA
- MALASANA
- PASCHIMOTTANASANA

week 4

- SETU BANDHASANA
- VASISTHASANA
- VYAGRASANA
- MARJARYASANA-BITILASANA

week 5

- SHALABHASANA
- ARDHA CHANDRASANA
- UTTHAN PRISTHASANA
- ANJANEYASANA

week 6

- PHALAKASANA
- VRIKSHASANA
- UTKATASANA
- TRIKONASANA

week 7

- NAVASANA
- VIRABHADRASANA
- DOWN DOG TO COBRA
- BADDHA KONASANA

week 8

- BHUJANGASANA
- GARUDASANA
- MALASANA
- PASCHIMOTTANASANA

week 9

- SETU BANDHASANA
- VASISTHASANA
- VYAGRASANA
- MARJARYASANA-BITILASANA

week 10

- SHALABHASANA
- ARDHA CHANDRASANA
- UTTHAN PRISTHASANA
- ANJANEYASANA

week 11

- PHALAKASANA
- VRIKSHASANA
- UTKATASANA
- TRIKONASANA

week 12

- NAVASANA
- VIRABHADRASANA
- DOWN DOG TO COBRA
- BADDHA KONASANA

Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Starting smaller

Try our 4-week Yoga for kids programme that covers a single set of the 20 Yoga movements.