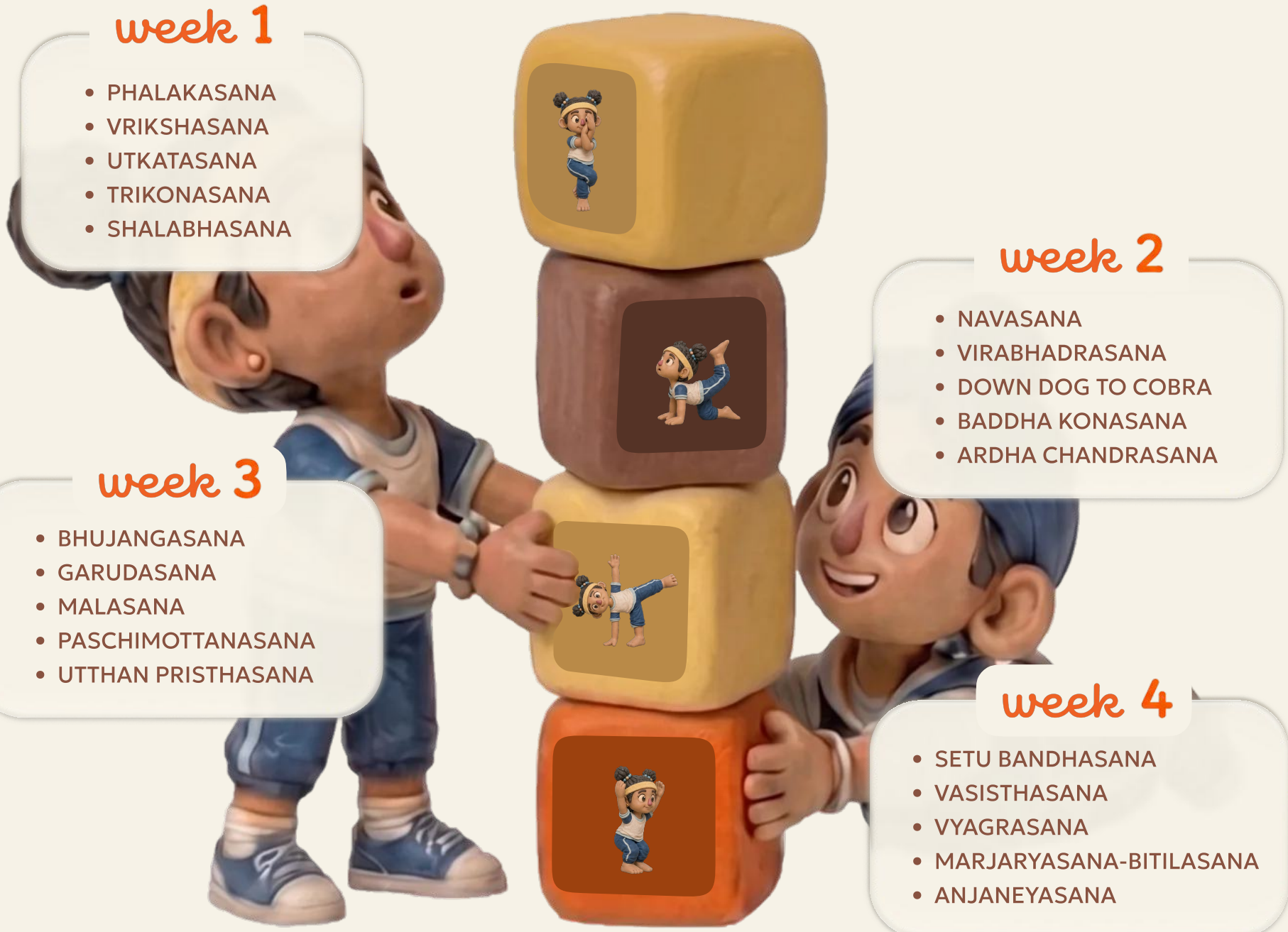
kidpro

Yoga for kids

4 WEEK PROGRAMME

20 Yoga movements that build strength, balance, power and mobility, all without equipment.



week 1

- PHALAKASANA
- VRIKSHASANA
- UTKATASANA
- TRIKONASANA
- SHALABHASANA

week 2

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

week 3

- BHUJANGASANA
- GARUDASANA
- MALASANA
- PASCHIMOTTANASANA
- UTTHAN PRISTHASANA

week 4

- SETU BANDHASANA
- VASISTHASANA
- VYAGRASANA
- MARJARYASANA-BITILASANA
- ANJANEYASANA

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.

Going further

The 12-week Yoga for kids programme runs these same 20 yoga movements repeated over 12 weeks, so a child can see exactly how far they've come on the movements they started with.