

# KIND KIDS BEDTIME YOGA FLOW



turn OM's into Z's



1

## EASY POSE/LOTUS POSE

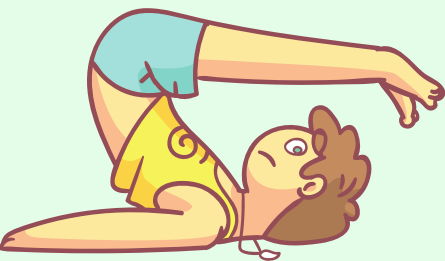
Calming and relaxing  
sitting with knees bent and feet turned in towards sitting bones, or for lotus, cross legs one over the other. place index finger and thumb together and place on knees. Take a couple of deep slow breaths, notice your belly rising a falling.  
This is the time to set intentions 'I am ready for a good nights sleep'.



2

## BOAT POSE

straightening and releasing extra energy.  
slowly raising legs up, using hands for support or you can bring your hands forward, remember to squeeze your tummy muscles. knees can be bent as you slowly build strength and flexibility.



3

## PLOW POSE

releasing shoulder tension, hamstrings.  
using tummy muscles, raise legs to a 90-degree angle, you can stay there or bring legs all the way overhead if you can get them to the floor, great!  
ensure you are feeling safe and comfortable. slowly and carefully raise your legs to 90 degrees again and them down to the ground.



4

## BOW POSE

It is important to extend in the opposite direction when we have done plough pose. This is great for lower back and tortoise muscles.  
laying flat on your belly, bring your hands around to grab your ankles, bending the knees. This might be enough, but if you can, as you breathe out begin to pull your legs and arms up. when you are ready, slowly dropdown.



5

## SEATED SIDE BEND

stretch side, release gas, opens the ribcage.  
pulling one leg in and having the other extending out to the side. raise the arm on the side the knee is bent and glides your hand towards the foot that is extended out. take a couple of breaths and swap sides.



6

## SEATED ARM RAISE

releasing shoulder tension, bringing more oxygen into the body.  
back into your easy pose, we are going to take a couple of breaths, raising our arms up and down touching the grounds and them touching our hands together as we get to the top.