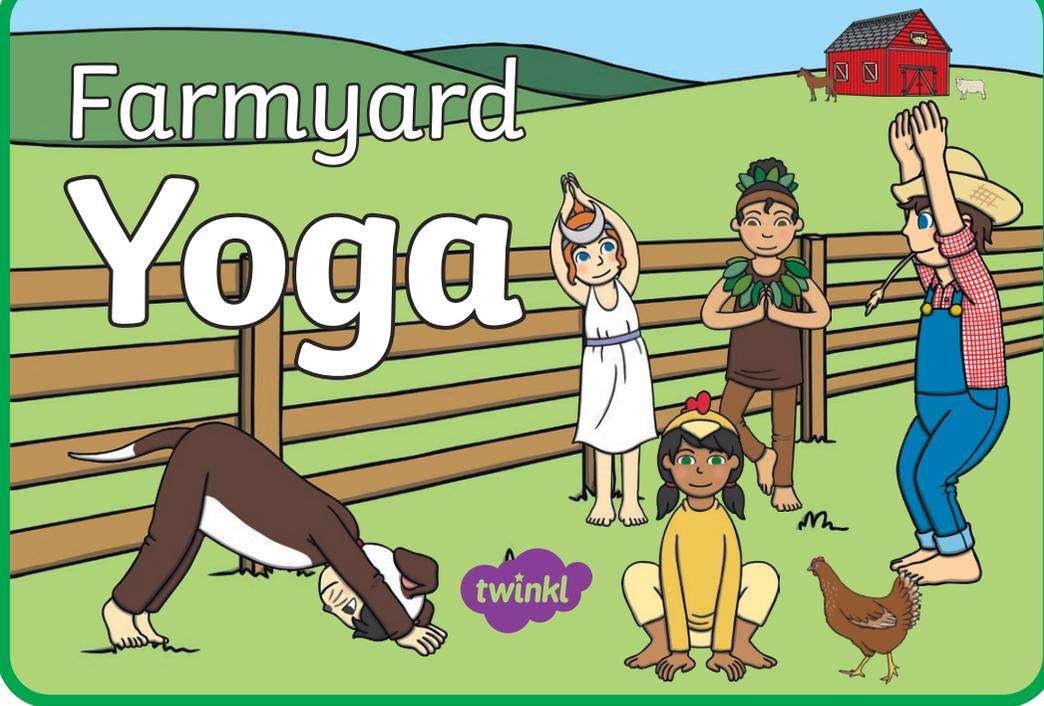


# Farmyard Yoga



twinkl

Yoga Cards

## Preparation and Safety

|                            |  |
|----------------------------|--|
| <b>Age</b>                 | 5-11   |
| <b>National Curriculum</b> | Develop balance, agility and co-ordination.  |
| <b>Time</b>                | Can be adapted to any setting or time frame.   |
| <b>Preparation</b>         | Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion. |
| <b>Safety</b>              | Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.  |

Yoga Cards

## Farmer on Tractor

Chair Pose - Utkatasana

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



1

Yoga Cards

## Sheepdog

Downward-Facing Dog – Adho Mukha Svanasana

Calms the mind; relieves stress; energises the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



2

## Sheep

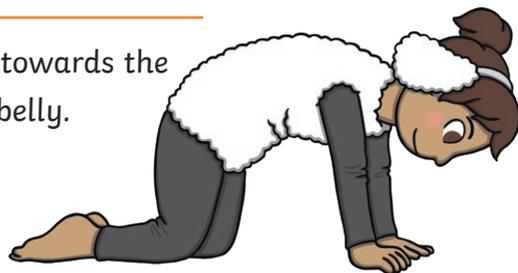
3

Cat Cow Pose - Marjaryasana Bitilasana

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees.  
1 Make sure hands are below shoulders and knees are below hips.

- 2 Exhale, round your back towards the ceiling and look at your belly.



## Tree

4

Tree Pose - Vrikasana

Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.



## Cow

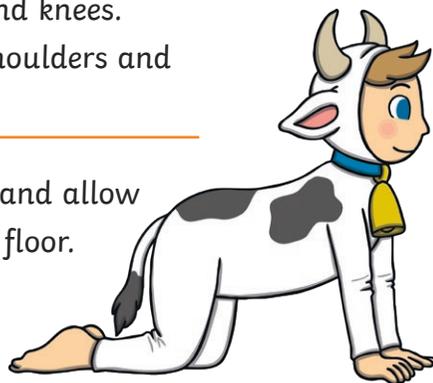
5

Cat Cow Pose - Marjaryasana Bitilasana

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees.  
1 Make sure hands are below shoulders and knees are below hips.

- 2 Inhale, look up to the ceiling and allow your belly to sink toward the floor.



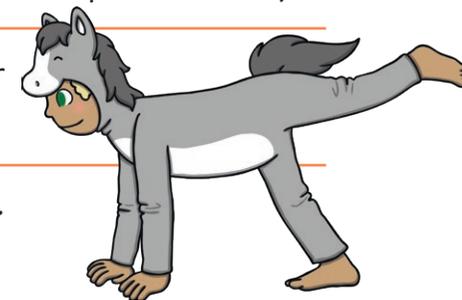
## Horse

6

Three-Legged Dog Pose - Tri Pada Adho Mukha Svanasana

Calms the mind; relieves stress; energises the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).
- 2 Lift one leg, hold, then lower with an exhale.
- 3 Repeat with the opposite leg.



# Hens

7

Frog Pose - Ardha Bhekasana

Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



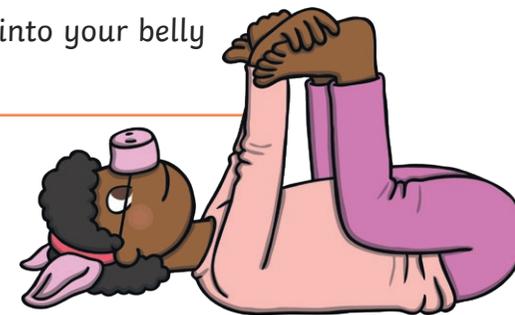
# Pig

8

Happy Baby Pose - Ananda Balasana

Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly and hold on to your feet.
- 3 Allow your body to gently rock side to side.



# Grain of Corn

9

Child's Pose - Balasana

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees.
- 5 Relax and breathe, holding this pose.



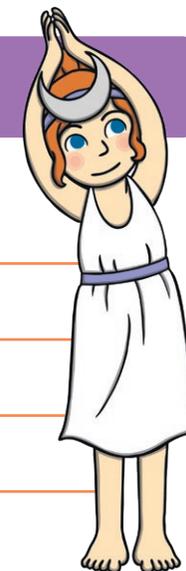
# Moon

10

Crescent Moon Pose

Stretches arms, abdominals, spine, and chest; calms the mind.

- 1 Inhale and raise your hands over your head, pressing your palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale while returning to standing straight.
- 4 Repeat on the opposite side.
- 5 Exhale and lower your arms.



# Relaxation by the Stream

11

Resting Pose - Savasana

Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

