

## Snail and the Whale yoga

Children gain a lot of different things from carrying out yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Here are some online yoga sessions which could be carried out during the week.

A yoga session with Jamie from Cosmic yoga (30 minute)

<https://www.youtube.com/watch?v=qC83oFEeVZA>



An underwater adventure (6minutes)

[https://www.youtube.com/watch?v=BrYqWAw8P\\_8](https://www.youtube.com/watch?v=BrYqWAw8P_8)



Yoga using the story of the Snail and the Whale. (12minutes)

<https://www.youtube.com/watch?v=JtQQTsIJ6us>



Learn the whale pose (1 minute 42)

<https://www.youtube.com/watch?v=qmUNsdLo5PA>



Some more yoga poses to try out

## OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



**I am a dolphin.**  
DOLPHIN POSE



**I am a crab.**  
TABLE TOP POSE



**I am a turtle.**  
TORTOISE POSE

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# Ocean Animals

## BEACH YOGA



**I am a surfer.**  
WARRIOR 2 POSE



**I am a beach chair.**  
CHAIR POSE



**I am a sandcastle.**  
DOWNWARD-FACING DOG POSE



**I am a swimmer.**  
LOCUST POSE



**I am a sea star.**  
RESTING POSE

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# Beach Yoga Poses