

Poser Kids Here Comes The Sun Salutation: A Vital Guide for Parents

In today's fast-paced and competitive world, it's more important than ever to provide our children with the tools they need to succeed. One essential tool is the ability to focus and concentrate.

Poser Kids Here Comes The Sun Salutation is a fun and engaging book that teaches children the basics of yoga, including the sun salutation. This ancient practice has been shown to improve focus, concentration, and overall well-being.

Poser Kids Here Comes The Sun Salutation is perfect for children of all ages, and it's a great way to get them started on a lifelong journey of health and fitness.



Poser Kids Book 2: Here Comes the Sun Salutation

★★★★★ 5 out of 5

Language	: English
File size	: 18461 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 20 pages
Lending	: Enabled



The sun salutation is a series of 12 yoga poses that are performed in a flowing sequence. It is one of the most fundamental yoga practices, and it

is said to have many physical and mental benefits.

Some of the benefits of sun salutation for children include:

- Improved focus and concentration
- Increased flexibility and strength
- Reduced stress and anxiety
- Improved balance and coordination
- Boosted energy levels
- Increased self-confidence

The sun salutation is a great way to get kids moving and having fun while also teaching them the basics of yoga. Here are step-by-step instructions on how to teach the sun salutation to kids:

1. **Mountain Pose:** Stand with your feet hip-width apart, toes facing forward. Ground your feet into the floor and lengthen your spine.
2. **Prayer Pose:** Bring your hands together in front of your chest, as if in prayer.
3. **Elbow Plank:** Step back with your right leg and bend your left knee, lowering into a plank position on your left forearm. Keep your right leg straight and your hips lifted.
4. **Chaturanga:** Lower your body towards the ground, bending your elbows and keeping your hips lifted.
5. **Cobra Pose:** Push back up into a cobra pose, keeping your hips down and your chest open.

6. **Downward-Facing Dog:** Lift your hips up and back into a downward-facing dog pose.
7. **Three-Legged Dog:** Step your right foot forward and bend your left knee, coming into a three-legged dog pose.
8. **Elbow Plank:** Step back with your right leg and lower into an elbow plank position on your right forearm.
9. **Chaturanga:** Lower your body towards the ground, bending your elbows and keeping your hips lifted.
10. **Cobra Pose:** Push back up into a cobra pose, keeping your hips down and your chest open.
11. **Downward-Facing Dog:** Lift your hips up and back into a downward-facing dog pose.
12. **Prayer Pose:** Step your feet together and bring your hands together in prayer pose.

Repeat the sequence 5-10 times.

Here are a few tips for teaching yoga to kids:

- Make it fun! Kids love to move and play, so make sure to incorporate games and activities into your yoga classes.
- Keep it short. Kids have short attention spans, so don't try to do too much in one class. A 15-20 minute class is plenty of time for kids to learn the basics of yoga.
- Be patient. Kids learn at different paces, so don't get discouraged if your child doesn't get it right away. Just keep practicing and they will

eventually get the hang of it.

- Have fun! Yoga is a great way to bond with your child and have some fun together.

Poser Kids Here Comes The Sun Salutation is a great resource for parents who want to teach their children the basics of yoga. This fun and engaging book is perfect for children of all ages, and it's a great way to get them started on a lifelong journey of health and fitness.

Free Download your copy of Poser Kids Here Comes The Sun Salutation today and start teaching your child the benefits of yoga!



Poser Kids Book 2: Here Comes the Sun Salutation

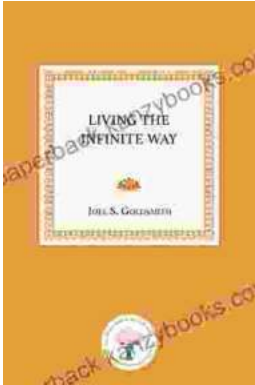
★★★★★ 5 out of 5

Language	: English
File size	: 18461 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 20 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK





Unlock the Secrets of Consciousness and Infinite Potential: A Journey through "Living the Infinite Way"

In the realm of spiritual exploration and personal growth, "Living the Infinite Way" by Joel Goldsmith stands as a beacon of wisdom and inspiration....



Unlock the Power of Nature: Discover the Transformative Benefits of Juicing with 'More Than 51 Juicing Recipes for Every Condition'!

Embrace a Healthier Tomorrow with Natural Food 82 Step into the vibrant realm of juicing and unleash a world of natural healing. Our groundbreaking book, 'More Than...