

Yoga protocol for Children (3-8 Years)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER (OM CHANTING)		1 Minute
2.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices) Loosening and Strengthening Joints practices		10 Minutes
	- Neck Movement – Left & Right Movement (Road Crossing Movement)	03 Rounds	
	- Neck Movement – Up & Down (Watch Sky & Earth)	03 Rounds	
	- Hands Up & Down (Fly with your wings)	03 Rounds	
	- Hands Rotation (Throw the ball)	03 Rounds	
	- Shoulder rotation	03 Rounds	
	- Shaking Wrist	03 Rounds	
	- Back Movement Forward & backward (Touch the sky & touch the floor / toes)	03 Rounds	
	- Back – Twisting Movement (Pass the ball to other)	03 Rounds	
	- Back – Side Bending (See – Saw movement)	03 Rounds	
	- Butterfly Movement (To fly butterfly)	03 Rounds	
	- Ankles – Gulf Naman (In & out bending), Gulf Chakr (Rotation)	03 Rounds	
3.	YOGASANAS (2-3 asanas from each series)		
	STANDING POSTURES		
	- Tadasana (Palm tree posture)		
	- Vrikshasana (Tree posture)		
	- Ashvasanchalan (Horse riding posture)		
	- Parvatasana (Mountain posture)		
	- Konasana (Triangle posture)		
	SITING POSTURES		
	- Marjari Asana (Cat posture)		
	- Ustrasana (Camel posture)		
	- Shashankasana (Rabbit posture)		
	- Mandukasana (Frog posture)		
	- Vakrasana (Twisting posture)		
	- Gomukhasana (Cow posture)		
	- Kagasana (Crow posture)		
	- Simhasana (Roaring lion posture)		
	PRONE POSTURES		
	- Makarasana (Crocodile posture)		
	- Saral Bhujangasana (Cobra posture)		
	- Dhanurasana (Bow posture)		
	- Balasana (Child posture)		
	SUPINE POSTURES		
	- Setubandhasana (Bridge posture)		
	- Saral Matsyasana (Fish posture)		
	- Shavasana (Star fish posture)		
4.	PRANAYAMA:		06 Minutes
	- Deep Breathing	5 Rounds	
	- Bhramari	5 Rounds	
5.	Krida Practices		08 Minutes
	- Rain Clap		
	- Flower Clap		
	- Special Clap		
	- Laughing practice		
	- Freeze Movement (Krida)		
	TOTAL DURATION		45 Minutes