

# Yoga With A Twist

Modify the poses as needed. Let the kids enjoy the yoga and be creative with their poses. Be safe when performing yoga and most importantly have fun!

These cards are the perfect addition to any of your [yoga sets](#).

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# Belly Twist

1. Lay on your back with your knees bent and your feet together.
2. Rest your arms where you are comfortable.
3. Keeping your back on the floor drop your knees to the right side as far as you feel comfortable.
4. Bring back up to a resting position and repeat on the opposite side.



# Chair Twist

1. Stand with your feet shoulder width apart and slightly bend your knees. (Don't bend so far that you can't see your toes).
2. Place the palms of your hands together.
3. Rotate towards the right as far as you feel comfortable. Come back to the mid line and repeat on the opposite side.



# Seated Twist

1. Start by sitting criss-cross on your bottom.
2. Place your legs arms in front of you palms together.
3. Rotate to your right, back to mid line, and to your left as far as you feel comfortable.



# Seated Twist

1. Start seated on the floor with your back straight and legs in front of you.
2. Pull your right knee towards your body and place it over your left leg.
3. Your left leg can be straight or bent.
4. Twist your body towards your right side.
5. Place your left elbow on the outside of your right knee.
6. Let your right hand relax behind you.
7. Repeat on the opposite side.



# Standing Twist

1. In standing place your palms together straight in front of you.
2. Keep your feet planted and rotate to your left as far as you feel comfortable.
3. Come back to the mid line and repeat on the opposite side.



# Windmill

1. Start in standing with your legs spread apart and your arms held out at the sides.
2. Reach with your right hand towards your left foot and rotate your body so that your left hand goes up.
3. Repeat on the opposite side.

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