

Winter Sports Yoga

<https://sugarspiceandglitter.com/winter-yoga-kids/>

1. **Cold winter breaths:** It's always a good idea to start any yoga sequence out with a focus on the breath and winter adds it's own fun to this activity by turning our breath into big clouds. Encourage the kids to pretend that they can see their breaths and see how big they can make their clouds.

2. **Winter Boots (Standing Forward Bend):** Before you go out and play in the snow, you need to put on your boots! Gently bend down and try to touch your toes, keeping your back soft and your hips pointed up. Don't force yourself to straighten your legs, but it's great if you can.



3. **Snowflake (Star Pose):** Aren't snowflakes beautiful? Why not transform yourself into a snowflake by stretching your arms out to the sides and spacing your legs slightly wider than hip width, but still within your control. Stretch into this pose.

4. **Chair Lift/Downhill Skier (Chair Pose):** Alright, we're outside and there's lots of beautiful snow - let's get ready to snowboard! First, we need to ride the chair lift. Lift your hands straight up and sit back like you are sitting in a chair, with knees strong and bent. (If you need to hold your arms at your side, this almost looks like a downhill skiing pose!)



5. **Snowboarder (Warrior II Pose):** Let's zoom down this mountain on a snowboard! From chair pose, slide your feet so that your right foot is still square to your body but comfortably behind you, and your left foot in front, like a deep triangle. Bend your left knee and straighten your right leg while lifting your arms to shoulder height, with each arm pointing straight in the direction of each foot.

6. **Ice Skating (Dancer Pose):** For Dancer's Pose, stretch your leg towards the back wall while leaning and reaching forward with your opposite hand. This pose is really tricky, and the goal is to curve your leg up behind your head and hold your calf or ankle securely with the corresponding arm to the raised leg, while leaning forward and reaching forward with the opposite arm - but it's okay to use both arms to balance as we did here when you're still learning.

