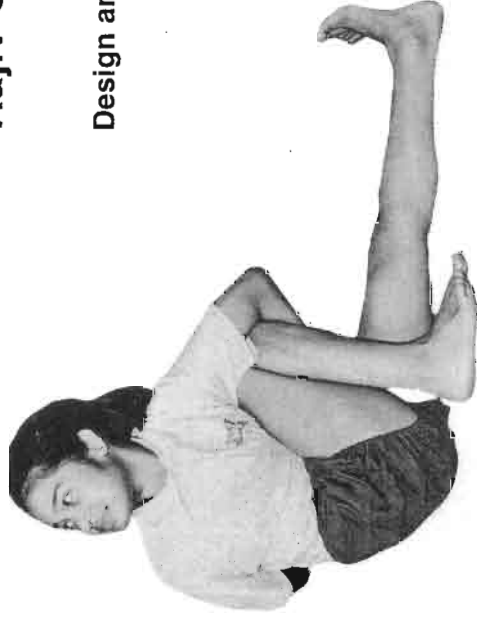


YOGA FOR CHILDREN

A Complete Illustrated Guide to Yoga
Including a Manual for Parents and Teachers

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Design and Illustrations by J. Nath



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Ashtanga Yoga - The Eight-Fold Path

Ashta means eight and anga means limbs or parts. The eight limbs of Yoga are:

1. Yama

Yama refers to the Great Universal Commandments. Patanjali lists five yamas:

- Ahimsa - Non-violence
- Satya - Truth
- Asteya - Non-stealing
- Brahmacharya - Self-control
- Aparigraha - Unselfishness

Niyama refers to personal disciplines. Patanjali lists five of these:

- Saucha - Cleanliness
- Santosha - Contentment
- Tapas - Great effort
- Svadhyaya - Self-study
- Ishvara Pranidhana - Faith in God

3. Asana

Asana means posture, such as the ones described in this book.

4. Pranayama

Pranayama means breath control.

5. Pratyahara

Pratyahara means control of the senses (taste, touch, smell, sight and hearing).

6. Dharana

Dharana means concentration.

7. Dhyana

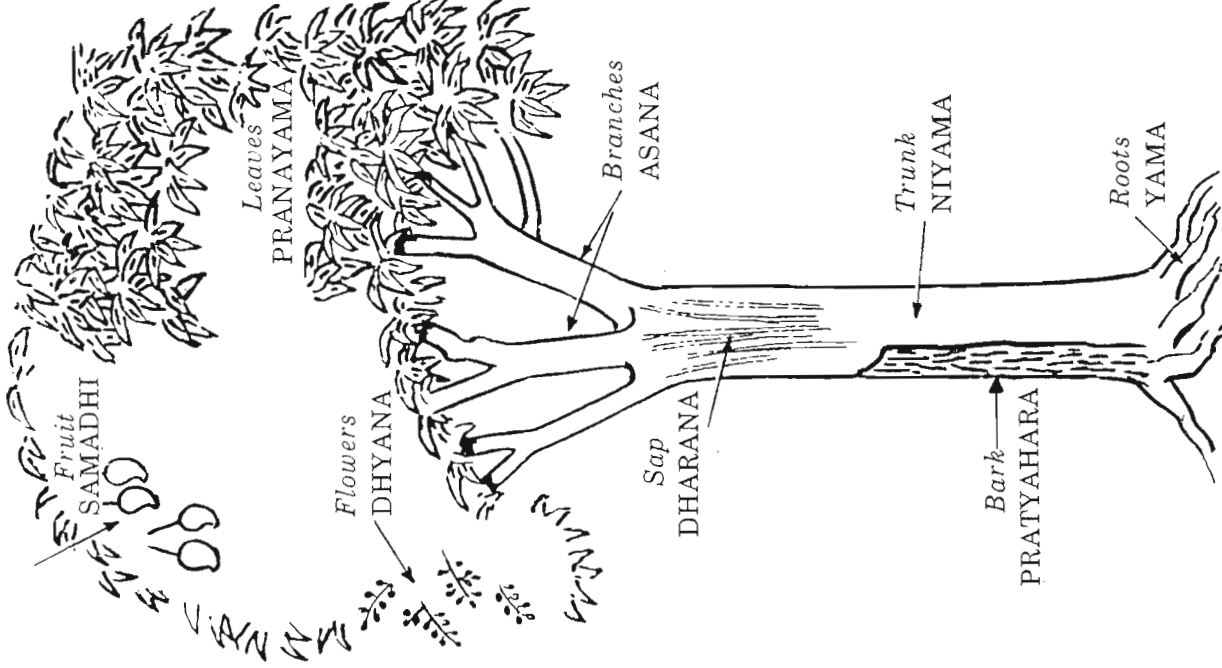
Dhyana means meditation.

8. Samadhi

Samadhi or kaivalya, is the goal of Yoga where in the yogi unites with God.

By following this eight-fold path a man gets health of body and control over his mind. He becomes wise and compassionate.

For children, however, only the first three steps of Yoga are important: yama, niyama and asana. These steps prepare a child for the higher steps of Yoga which they practice when they are older.

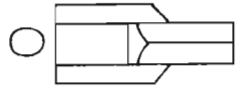
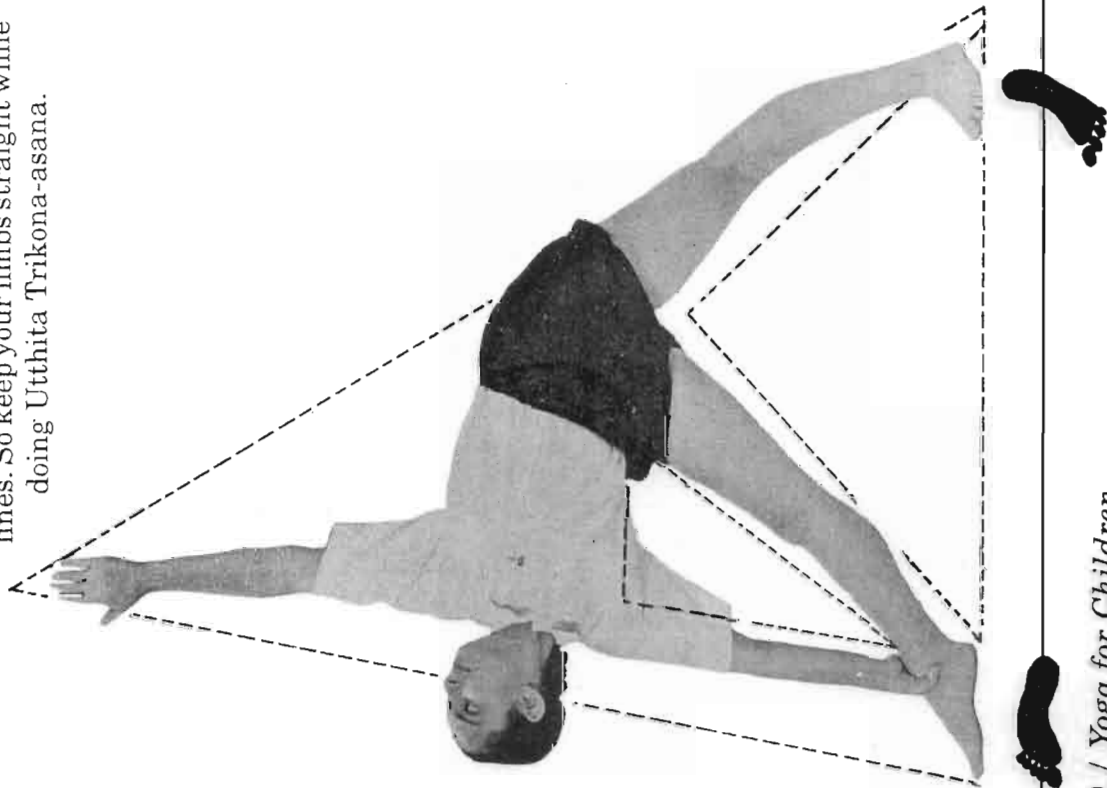


6. Utthita Trikona-asana

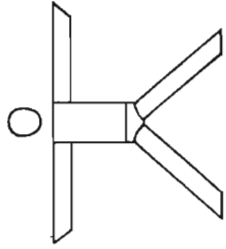
10 to 20 counts each side

Utthita means extended. Tri means three and kona means angle. Trikona means triangle. In fact, in this pose you make several triangles.

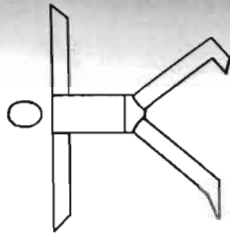
Remember, triangles are formed by straight lines. So keep your limbs straight while doing Utthita Trikona-asana.



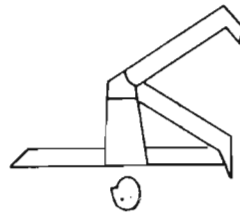
1. Stand in Tadasana.



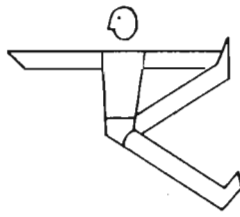
2. Jump and spread your legs 2 to 3 feet apart and your arms sideways. Stand on a line, toes pointing forward and palms turned down.



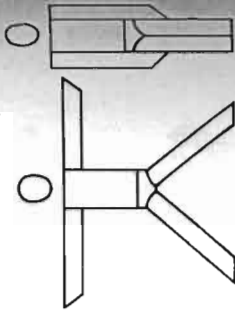
3. Turn your right foot out 90° and your left foot in slightly.



4. Bend sideways to your right. Place your right palm on your right ankle or the floor. Stretch your left arm up. Look up at your fingertips. This is *Utthita Trikona-asana*.



5. Come up. Return to position 2. Now turn your left foot out 90° and your right foot in slightly. Do the pose on the left side.



6. Come up. Return to position 2. Then jump back to Tadasana.

DO

- Align your head and hips on the line on which you are standing.

DON'T

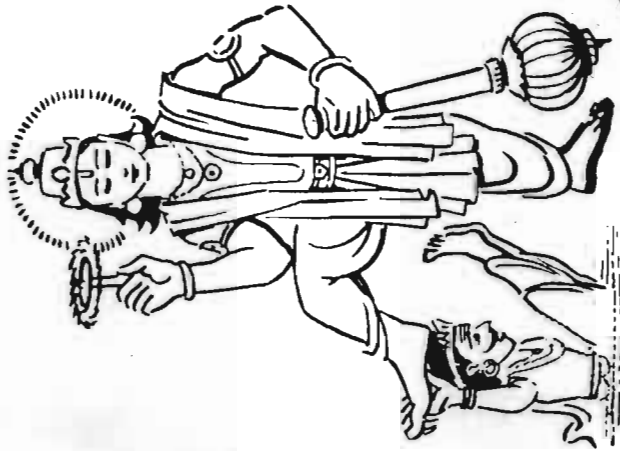
- Don't bend your knees or your elbows.

BENEFITS

- ✦ Shapes the legs, strengthens the ankles.
- ✦ Improves the arches of the feet.
- ✦ Builds up the chest.

15. Prasarita Pada-uttana-asana

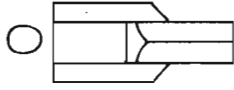
15 to 20 seconds



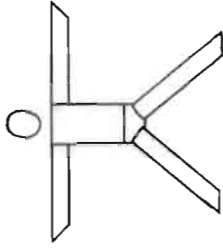
Prasarita means spread. Pada means leg. Uttana means intense. Once there was a wicked and powerful king named Bali. To rid the world of this menace, the gods prayed to Lord Vishnu. In answer to their prayers Vishnu was born as a dwarf, Vamana.

Though wicked, Bali was renowned for his generosity. One day the dwarf Vamana went to Bali and sought a boon of him. "O King! grant me as much land as I can cover with three steps, said the dwarf." Laughing, Bali granted him his wish.

Instantly, the dwarf grew very tall. With one wide step he crossed the earth. With a second great step he crossed the heavens. For the third step Vamana had nowhere to place his foot. So he stepped on Bali's head and pushed him into the underworld.



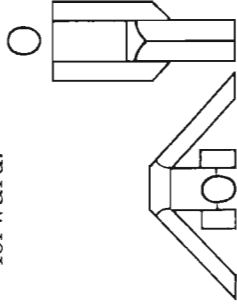
1. Stand in Tada-asana.



2. Jump and spread your legs 3 to 4 feet apart. Stand on a line, toes pointing forward.



3. Place your palms on the floor, fingers pointing forward. Look up.



4. Rest the crown of your head on the floor. This is Prasarita Pada-uttana-asana.

DO

- Keep your feet, palms and head all in one line.

DON'T

- Don't bend your knees.
- Don't turn your toes out.

BENEFITS

- ✦ Removes fatigue
- ✦ Improves arches
- ✦ Relieves cramps in the calves.

