

Yoga postures for self-love

Gentle postures grow self-nurturing

- child's pose
- resting butterfly
- wide legged child's pose
- peaceful pose
- star-fish pose
- Teaching children the simple form of EFT (tapping head and heart) will also give them tools to self-care when stressed and in need of balance.
- Meditation and deep breathing will help children learn self-care.

How to do *Resting Butterfly*



Lie in a comfortable position and bring soles of feet together. Open knees and allow them to rest. Relax arms, body, face. Take deep breaths. Let the belly rise on the inhale, and release deeply on the exhale.

Ask the children to imagine they are a beautiful butterfly. Ask them ‘What colour are you?’ or ‘What kind of butterfly are you?’ Encourage them to imagine they are flying from red flowers, to green, to blue, to yellow... and all the colours you can think of. This will help them relax and open their brain for learning.

Perfect time for resting butterfly is when children are tired and need to rejuvenate.

Benefits of *Resting Butterfly*

Opens hips, relaxes mind and body.

Virtues Developed

Self-care, self-love, peacefulness, mindfulness, imagination

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Colour me in

Cat pose, Cow pose, Child's pose

