

# Children's Chakra Yoga

Helping your child to center and stabilize can easily be achieved by a daily Yoga Practice. You and your child can work through these 7 Chakra Balancing poses, spending however long you feel on each pose. This assists the children with presence, as they are often getting distracted. Assist your child to get excited about Mastering the poses!

## Root Chakra Yoga Pose

**“I am grounded and secure. I am Connected to Mother Earth”**



Tree Pose

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## Sacral Chakra Yoga Pose

**“I am a co-creator of joy”**



Warrior Pose

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## Solar Plexus Chakra Yoga Pose

**“I am a Divinely Empowered Angel”**

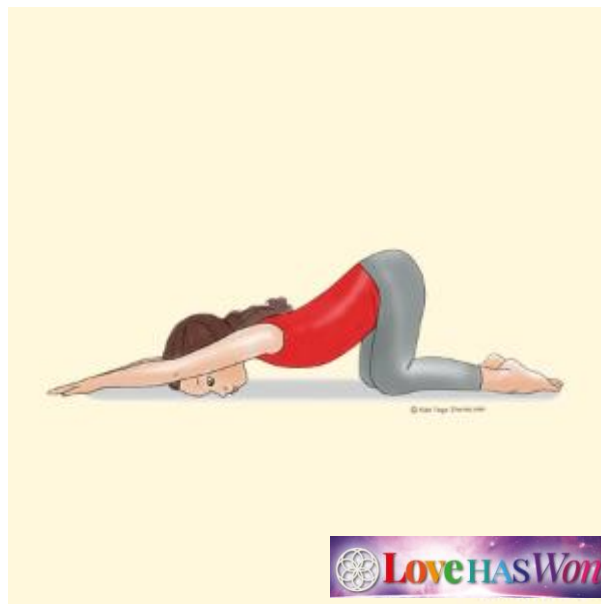


Half Moon Pose

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## Heart Chakra Yoga Pose

**“I am a Being of Unconditional Love. I feel.”**



Puppy Pose

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## Throat Chakra Yoga Pose

**“I express how I feel in Creative ways!”**



Bridge Pose

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## Third Eye Chakra Yoga Pose

**“I Trust my intuitive Guidance, through my Heart”**



Legs Up to Heaven Pose

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## Crown Chakra Yoga Pose

**“I am peaceful. I let go.”**



Resting Pose