

Partner Yoga

There are ENTIRE books on partner poses. Partner Yoga is so much fun for kids. There are unlimited opportunities for fun. Here are some guidelines and some of our favorite partner poses for kids.

First of all, you have to be buddied up, and that in itself is challenging. Partner poses are best done with a partner who is your own size. Younger kids, ages 4-6, are pretty good about partnering up with just about anybody. Once they get older they will definitely want to be with their BFF which sometimes “poses” a problem. You will come up with your own creative ways of keeping the peace. It will break your heart to see that one kid who didn’t get a buddy. And then when YOU say, “Lisa will be my partner” all of that goes away. So see how well they do buddying up themselves, and take the last standing kid if you have to. OR sometimes you can work it out so that there are three in a pose. It just depends on the pose or how creative you are feeling that day. It’s important to know which partner poses can be done in groups of three as there are many times when it will just naturally happen.

You’d be surprised at how creative you will become while teaching kids. Things have to flow quickly so if one child is unhappy with their partner you will figure it out. Say something like, “It doesn’t matter who your partner is, we are all fun loving yogis and friends. Just buddy up.” Or say something like that. If you see that somebody is just really unhappy, do a quick switch or whatever you have to do to keep the peace.

Partner poses are a really quick fix for redirecting your kids’ behavior. When/if you feel like you are losing control and things get out of hand (and it will), quickly say, “everybody get a partner!” The energy will shift instantly. Jump into a partner pose and let go of whatever you were supposed to be doing.

On the next page you’ll find our favorite partner poses. Take GOOD notes as we demonstrate each pose. This is one of the BEST ways to do some serious Kidding Around with your kids.

❖ **Tree Pose**

❖ **Trees in the Breeze** - one kid does pranayama and tries to blow down the tree.

❖ **Tree forest** - stand in a circle and touch hands to both neighbors.

❖ **Child's Pose**

❖ **Straddle** - foot to foot and hold hands/rock back and forth.

❖ **Seesaw** - same as above with the straps or scarves.

❖ **Triangle** - stand in a circle and count the triangles.

❖ **Revolving Triangle** - back-to-back/high five opposite hands.

❖ **Warrior** - holding hands facing each other.

❖ **Camel** - toes-to-toes facing away from each other bend back and find your buddy!

❖ **Boat** - foot-to-foot/hand-to-hand. With STRAPS, this becomes the SAIL BOAT. Add a kid, this becomes a HOUSE BOAT. See what things/animals will fit in the boat!

❖ **Raquelivia** - same arm and leg up opposite arm grabs neighbor's leg.

- ❖ **Dancer** - face-to-face or back-to-back grabbing each other's arms.
- ❖ **Bouquet of flowers/flower pot** - add pranayama by smelling the flowers.
- ❖ **Snake Under the Bridge** - one child does the bridge the other does cobra
- ❖ **The Elevator** - sitting back-to-back/wrap arms and stand up. While you're pushing against the other persons back inhale and say: "Elevator UUUUP"... there maybe be some grunting involved.
- ❖ **Covered Bridge** - left leg up to other persons hip/left arm up.
- ❖ **Standing Pretzel** - left leg on partners shoulder/hands on each other's shoulders.
- ❖ **Standing Upward Facing Dog** - toe-to-toe/grab each other's hands.
- ❖ **Flying Cobra** - one is in Cobra and the other stands behind them and puts their feet alongside their butt and grabs their outstretched arms.
- ❖ **Puttin' on the Dog** - one in downward dog and the other stands in front of them feet alongside their hands and leans back onto the partners back, head hanging over the butt.
- ❖ **Double Downward Dog** - both students stand facing the same direction. The kid in the back of the mat does a downward dog pose and the one in the front places his/her toes curled under on the partner's low back. It's a great stretch for the person in the back!)

Tailor Pose (BADDHA KONASANA)

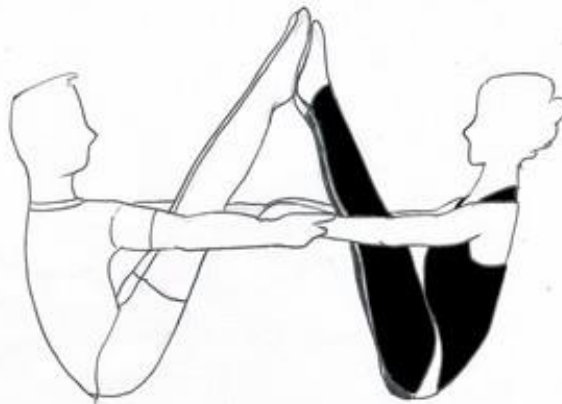


Partner Tailor Pose

Sit with your knees up. Straighten your back and put the soles of your feet together.

Gently lower your knees. Have your partner kneel behind you and gently push your knees towards the floor. Make sure to let your partner know when to stop applying pressure.

Boat Pose (PARIPURNA NAVASANA)



Partner Boat Pose

Sit facing each other with your knees bent in front of you. Grasp each other's hands on the **outside** of your legs. Touch sole to sole and straighten your legs **one leg at a time** as far upwards as they can go.

Wide Angle Sitting Forward Bend (UPAVISTHA KONASANA)



Partner Sitting Forward Bend Pose

Sit up and open your legs as wide as they can comfortably go.

Have your partner sit across from you and place their feet either on your **ankles** or under your **knees**. Move yourself forward as far as you can comfortably go. If you want to, have your partner grab your forearms (between your wrists and elbows) and gently pull yourself towards your partner.

Child Pose and Fish Pose (BALASANA & MATSYASANA)



Child Pose and Fish Pose

Start this pose back-to-back in a **kneeling** position like hero pose. One partner **pushes back** and the other partner **bends forward** into **child's pose**. The partner pushing back can stretch their arms **backward** and straighten their **legs**.

Tree Pose (VRKSASANA)



Partner Tree Pose

Stand next to each other and wrap your "inside" arms around your partner's **waist**. Take your "outside" arm (if you need to) and pull your "outside" leg up into **tree** position. Once you have your balance you can either join each other's hands in a **Namaste** hand pose or up above your head like in **moon pose**.

Pyramid Pose (PARSVOTTANASANA)



Partner Pyramid Pose

Stand **back-to-back**. Step your **right leg** forward and bend forward towards that leg from your hip sockets (not your back). Once you are bent forward reach back and hold your partners **forearms** for support and to deepen the pose. Straighten up when you are finished. Repeat with the other leg.

Wide Legged Forward Bend (PRASARITA PADOTTASANA)



Partner Forward Bend

Stand **back-to-back**. Open your legs wider than shoulder width. Bend forward using your hip sockets. Reach through your legs to hold your partner's forearms and deepen the stretch.