

Pose Prose

It's not enough to just teach a pose as if your students were adults. We have found that just about every pose deserves some kiddie prose. Feel free to invent your own prose and let your creative juices flow. But if that doesn't come natural for you, here are some ideas for what you can say to spark some really interesting conversation and logical "flows" for what pose would come next. This is not a complete list, but by the end of it, you will certainly get the gist of it and will be writing your own before you know it!

Or you may resort to just making the sound of that particular animal or talk about what part of the body this is good for. Try to relate the poses to the specific sports you know these kids do. I.E. "Jason, you play golf right? This twisting pose is great for that".

Baby Cradle - I'm rocking my baby... ah ah baby... can you put your baby behind your neck? Behind your head? OH! Don't forget you have twins! Rock both babies... I think I'll put my babies down for a nap and watch some TV.

Bow - Let's do some rock'n roll Yoga. Let's FLY to see your favorite rock'n roll concert... in flying pose say where you're flying to and reach back for your legs and say your favorite rock'n roll band.

Boat - Oh! My boat is sinking... no worries it came back up! How many times can you do that? Can you ROW your boat?

Bound Lotus - Good luck with this one. Only a few can do it so don't make a big deal out of it.

Bridge - Lift your bridge up REALLY high so a big boat could fit underneath. Make it nice and strong... squeeze your legs and your butt... then lots of cars can drive over it.

Butterfly - what kind of noise does a butterfly make? Whisp, whisp. Let's start out as a cocoon (head down squeeze your legs) and grow into a beautiful butterfly.

Candle - You don't talk too much in this pose. Show it to them first. Point your flame high up to the ceiling so you shine really bright!

Camel - Another pose you don't talk in. Shoulders back, toes under if you need some help... push your butt forward... DEEP breaths... That desert is really hot! Someone just put a bucket of water in front of my knees... rest in child's pose and drink some water.

Cat - Logically we just round our backs and MEOW... talk about what kind of cat you are. COW naturally follows the cat so you can MEOW and MOO repeatedly. From there it's almost always convenient to move into other animal poses... like Downward Dog, or Cobra.

Chair - Everybody sit in your chair. Is it a kindergarten chair? Those are low to the ground? A high chair for a baby? Those are high? A rocking chair? Make sure it's not a folding chair...whoops! Fold over.

Child's Pose - Make child-like noises. Sometimes I suck my thumb and it always makes them laugh. If you make sure your toes are touching and your knees are slightly apart you can look in between your legs and see "batman" or a "peace dove".

Cobra - Shoulders back, legs together push up as high as you can and if you can touch your head to your feet go for KING COBRA. Let's all make a HISS. I'm hungry I need to catch some flies.

Corpse - All you can do in Corpse pose is PLAY DEAD. Dead people don't move. My teacher used to say to practice being dead.

Cow - Refer back to Cat... or use our great line from the song Down By the Bay. "Have you ever seen a Cow that said MEOW?"

Cowface - Use this pose to go into "The totally cool dismount" OR ride your motorcycle... put your hands on your feet and make motorcycle sounds while rocking and rolling backwards!

Crab - Duck down in this hole... there's a human coming... back up and out and duck down AGAIN. There's a doggie on the beach... ah!!!

Crow - Refer to the page "How to do the crow." You don't need any Pose Prose on this... ALL CONCENTRATION AND FOCUS.

Dancer - As the kids are falling over and moving around, you can say, "Now you know why it's called the dancer. What kinds of sports do you all play?" This is great for runners, swimmers, soccer players, etc.

Dead Bug - AHHH Don't kill me... I was going to eat up all the other smaller bugs in your house... /Happy baby... goo goo ga ga... go around the class and say what makes you a happy baby... or sing "La Cucaracha" off of the "Om Work" CD.

Dolphin - I love to watch Dolphins jump up and down in and out of the water. What sound do you think they make?

Donkey Kicks - EEAU, EEAU

Downward Dog - Who has a doggie at home? Ever watch him/her go from Downward dog to Upward dog? Back and forth. How about a three legged doggie? Ever see one of them? What's your doggie's name?

Eagle - Once in the pose, sometimes this takes a long time... can you do the hopping eagle?

Extended Side Angle - Make the entire side of your body a long side angle and reach up really high to the ceiling. Wow that feels good doesn't it?

Fartasana - This is called Wind Breaking pose and if you ever have a tummy ache it will really help you to feel better. If you have a very laid back group you can have all sorts of fun with this. Making sounds and what not. Break out your Really Stinky feet spray!

Fish - This pose is great for clearing your lungs, for colds, for asthma. Make a fish face while you are doing it!

Flower - Let's do this as a group and make a bouquet of flowers. Hold hands. Take a deep breath and on the exhalation say the name of YOUR flower. Or rock and roll back and forwards without touching your toes to the ground.

Flying - Use in conjunction with Sandwich pose and do sandwiches for the homeless. Or just take a trip and go around the room saying where you are flying to.

Forward Bend - Sandwich pose. Make sandwiches and say the name of your sandwich out loud.

Hero - We use this as a way to get into the Lion so just get ready to roar.

Heron - My heron needs a haircut really badly. I'm glad I have my scissors on me. I think I'll cut his hair.

Lemon Squeeze - Can logically be used after the fish pose. I like to squeeze lemon all over my fish don't you?

Lion - Have them roar and then say: "I couldn't hear that... one more time... no I still couldn't hear that" We do it three times. Priceless!

Lotus - Not all kids can do this so be mindful of not hurting everyone's feelings. "You can sit in half lotus or full lotus, whichever feels good to you... if you are in full lotus see if you can do the swinging or hanging lotus."

Mountain - "Stand tall like a mountain. Let's see if I come around and tickle you if your mountain will move. Do mountains move if you tickle them?" And ALL standing poses begin in Mountain pose. Don't forget. It's two poses in one.

No hand stand - Now you can tell your parents you did a hand stand in Yoga!

Penguin Walking - Balk/squak like a penguin while I'm walking around on my knees.

Plow - We like to coordinate this one with TV watching as a BLISS. Talk about plowing the fields.

Pretzel - What flavor pretzels are YOU eating? We go around the room...
“Chocolate covered! Salty! I like mine with tons of mustard!”

Rag Doll - Has anybody ever seen a Raggedy Ann doll?

Side Crow - You will be TOO busy teaching to need pose prose.

Staff - Try to teach this while doing Sandwich pose

Star - Bright and WIDE!

Steeple - How tall is YOUR steeple? Can you reach up really high? Keep those fingers pointy like a steeple.

Tippy Toes - Focus on a pompom in front of you so you don't fall.

Tootsie Roll - How sweet is this to be rolling around giving yourself a massage.
Sweet just like a tootsie roll.

Table - Don't be a folding table (and cave in at the belly). Or I say don't let any food fall into the middle of your table. How about the dancing table! Kick your legs out and up.

Tree - Oooh it looks like it's hurricane season in the forest! Or... you guys are awesome I can see there is NO wind in the forest today.

Triangle - How many triangles can you see in someone else's body?

TV - What are you watching? Sometimes we call it movie-watching pose so as not to upset parents who are not big TV fans.

Windshield Wipers - Windshield wipe your legs in both directions and then make a joke about International Windshield Wipers as they go out and in, in the opposite direction. Feels good!