



On the occasion of International Yoga Day, Podar Education Network proudly launches this book on, 'A to Z of Yoga Poses', to help children understand the importance of yoga.

Yoga was born in India and today citizens of every country around the globe practice it. Our young children should be exposed to yoga as early as possible as it has both physical and emotional benefits.

These benefits are doubled when young children practice yoga with a loved one. This book, A to Z of Yoga poses, has been created to help young children and their families around

the world, explore yoga poses and link them to animals and fun activities. It is truly an immersive book that has something for all kinds of learners. Podar is proud to commemorate International Yoga day by dedicating this book to the littlest citizens of the globe who will grow up to be the true ambassadors of the rich ancient traditions of every culture.

We urge parents to explore the different yoga poses with their child, learn about their importance and do the activities given in the book with their children.

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A to Z of Yoga



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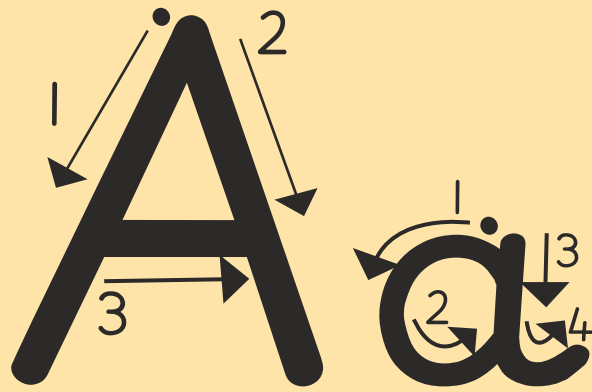
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Aeroplane Pose

Benefits:

The aeroplane pose strengthens the back side of the body, improves balance, posture and enhances concentration and calmness.

Good balancing skills increase children's confidence in gross motor activities which promotes playing on the playground, running, jumping and later helps them sit for longer periods of time at table tasks.

Aa

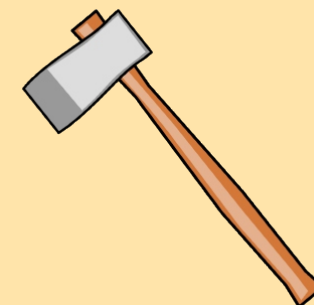


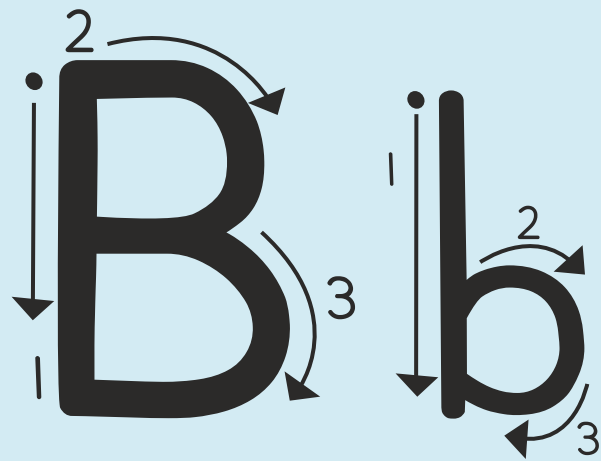
(To be sung to the tune of 'Twinkle twinkle little star')



**Apple, arrow, antelope,
Animal, axe and aeroplane,
All these words begin with me,
The letter 'Aa' is my name.**

**Apple, arrow, antelope,
Animal, axe and aeroplane.**





Boat Pose

Benefits:

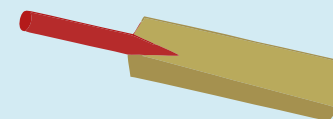
The boat pose helps children gently rock their body back and forth which helps them develop their balancing skills and promotes sitting balance and posture required in order to prevent falling.

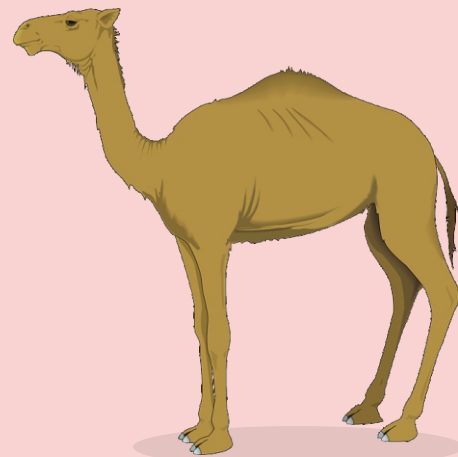
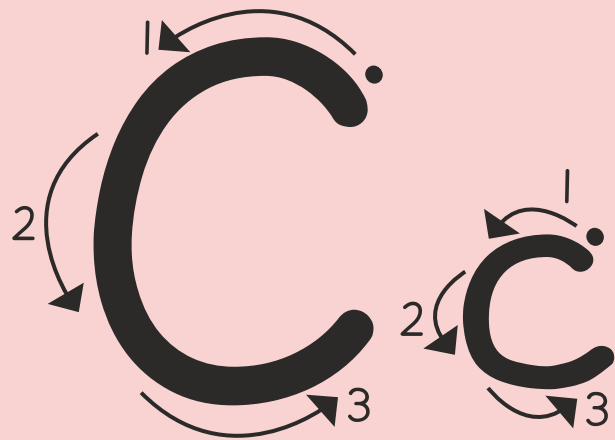
Bb

(To be sung to the tune of 'Mary had a little lamb')

**Bb' is for balloon, balloon, balloon,
'Bb' is for balloon,
And for baboon too.**

**Bat and ball begin with 'Bb'
Begin with 'Bb', begin with 'Bb'
Bat and ball begin with 'Bb'
As do bag and baby.**





Camel Pose

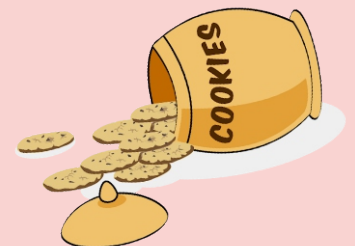
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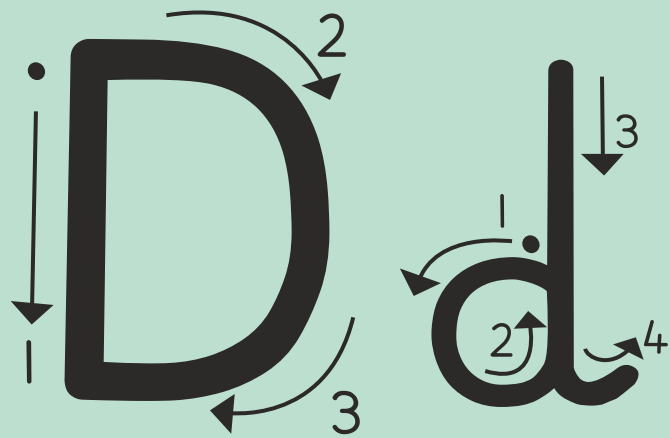
The camel pose helps children bend their body easily, making it more flexible. It increases awareness of the position and movement of the body.



(To be sung to the tune of 'Jeejeebhoy Jeejeebhoy Jamshedji')

**Cake, cookies and candy,
Creamy, chocolate chip and crunchy,
Candle burning ceremoniously,
All begin with the letter 'Cc'
Clap, clap, clap, clap, clap
Clap, clap, clap, clap, clap
Clap, clap, clap, clap, clap
Celebrations begin with 'Cc'.**





Dog Pose



Benefits:

The downward facing dog pose boosts blood flow to the brain.
This pose also increases strength in the spine.

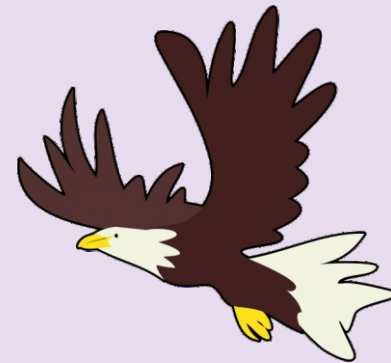
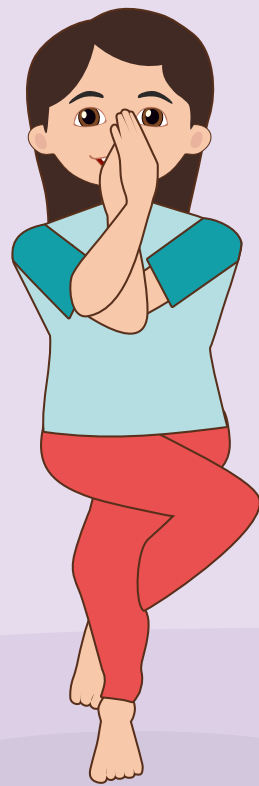
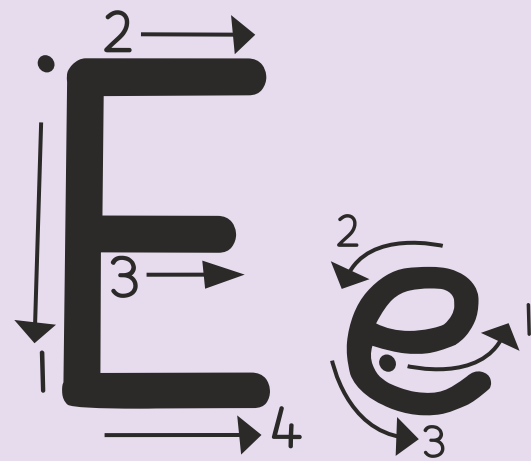


(To be sung to the tune of 'The farmer's in the dell')

**Dody the donkey, Dora the deer,
Daisy the duck and Dumpy the dog,
Have something in common,
With door, doll and dell.
Can you find out?
Oh, think and tell.**

**Definitely, that was easy,
Yes, their names all begin with letter 'Dd'.**





Eagle Pose

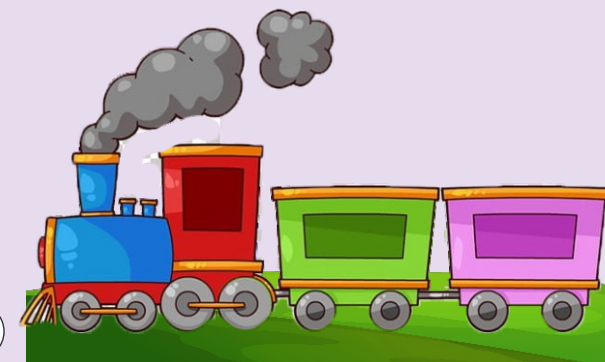
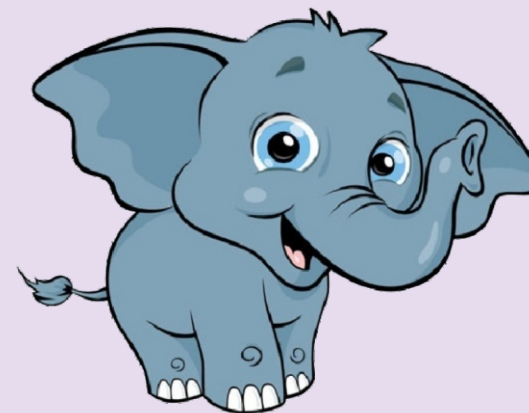
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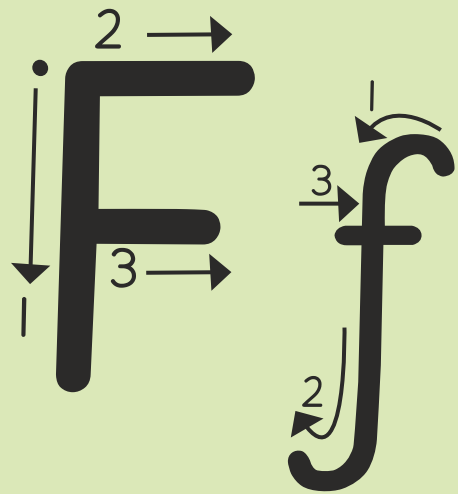
The eagle pose helps children develop their balancing skills. This promotes concentration and correct posture. This pose strengthens legs, hips and ankles.

Ee

(To be sung to the tune of 'Miss Molly had a dolly')

Ellie the elephant loves the letter 'Ee',
Her name begins with it, you can see.
She enjoys travelling in the engine,
As engine too with 'Ee' begins.
Enjoyable, entertaining, exuberant Ellie,
An exceptional elephant truly is she.





Frog Pose



Benefits:

The frog pose strengthens back muscles and helps children easily bend backwards making their back grip stronger and flexible. This helps in sport and dance activities.

Ff

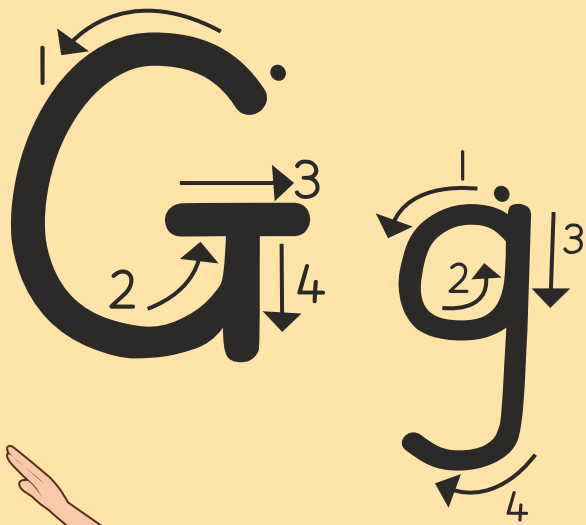
(To be sung to the tune of Mary had a little lamb)

Fruits are growing on the **farm**,
On the **farm**, on the **farm**,
Fruits are growing on the **farm**,
'Ff' for **fruits** and **farm**.

Flowers are blooming in the **fields**,
In the **fields**, in the **fields**,
Flowers are blooming in the **fields**,
'Ff' for **flowers** and **fields**.

Fragrance spreading **far** and near,
Far and **near**, **far** and near,
Fragrance spreading **far** and near,
Ff for **fragrance** and **far**.





Gate Pose

Benefits:

The gate pose strengthens back muscles which enables children to maintain a good posture and also enables them to breathe easily.

Gg

(To be sung to the tune of 'Swallowed a peanut')

Call the **gardener**, call the **gardener**,
Call the **gardener** just now.

To the **garden**, to the **garden**,
To the **garden** just now.

Grow some **grass**, **grow** some **grass**,
Grow some **grass** just now.

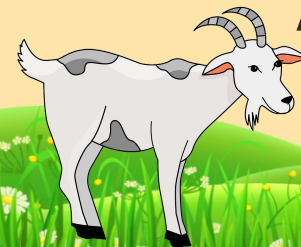
Close the **gate**, close the **gate**,
Close the **gate** just now.

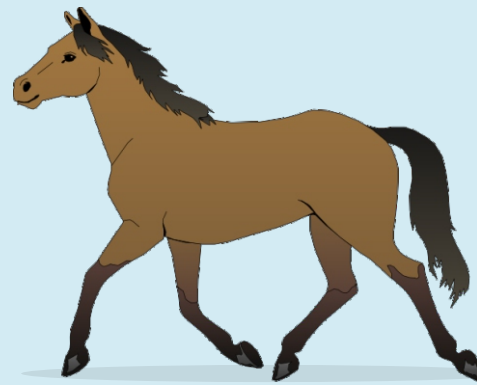
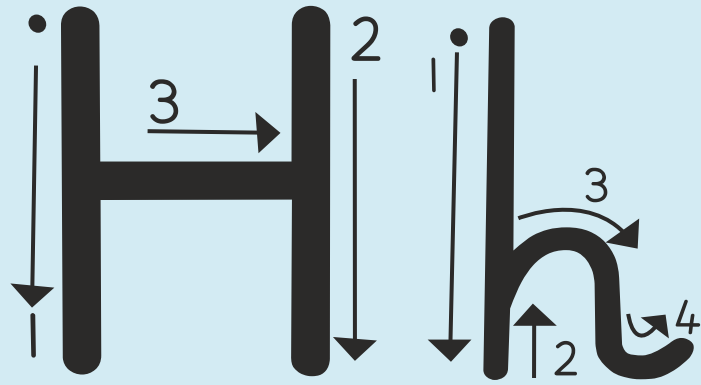
Or the **goat** will eat the **growth**,
Eat the **growth** just now.

Call the **gardener**, call the **gardener**,
Call the **gardener** just now.

Gardener, **garden** and **goat**,
Grass, **gate** and **growth**,

Always start with letter '**Gg**',
Not only just now.





Horse Pose

Benefits:

The horse pose helps children to refine sensory processing ability which is important to manage their alertness. It improves co-ordination and awareness of right and left hand sides and develops balancing skills.

Hh

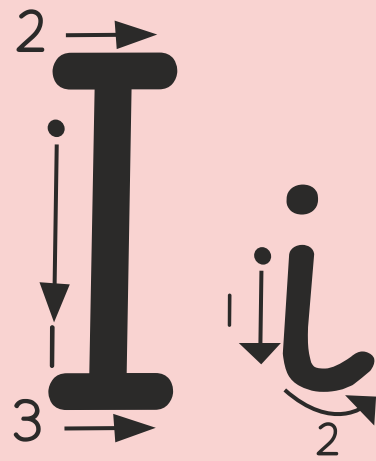
(To be sung to the tune of 'Jeejeebhoy Jeejeebhoy Jamshedji')

Happiness, hope and harmony
With the letter 'Hh' they do start.
Let's say hello to these feelings,
With happy head and hand on our heart.

Ha Ha letter 'Hh'

Hope and harmony begins,
Hand it to letter 'Hh'
For happiness it brings.





Ice Skater Pose



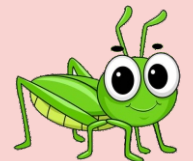
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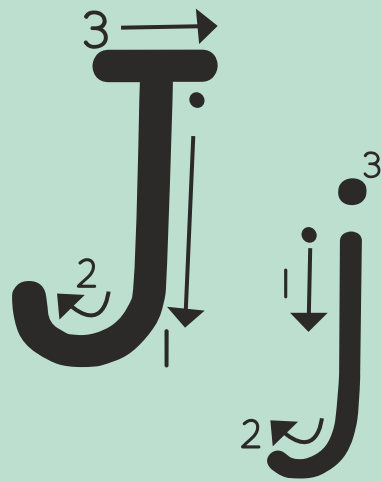
The ice skater pose enhances children's balancing skills. This helps them to participate in dancing and skating and other physical activities with ease.

Ii

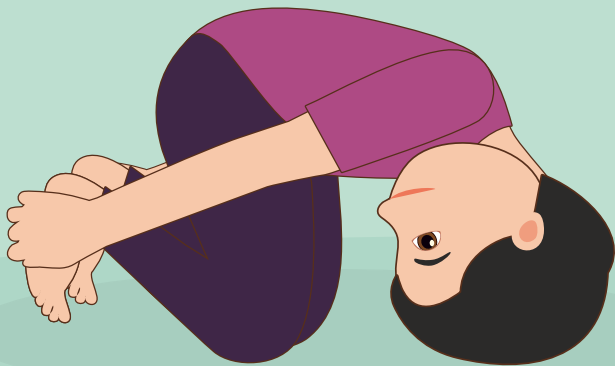
(To be sung to the tune of 'Twinkle twinkle little star')

Igloo, igloo, in the ice,
You look so inviting and so nice.
The letter 'Ii' begins other words too,
Just like invite, ice and igloo.
Insect, ink and India for sure,
How can I forget my country's lure.





**Jack Rabbit
Pose**



Benefits:

The Jack rabbit pose helps children strengthen their backbone and neck muscles in turn releasing stress in the back. This promotes blood supply to the crown of the head.



(To be sung to the tune of 'The bear went over the mountain')

Jack and Jill jumped joyously,
Jack and Jill jumped joyously,
Jack and Jill jumped joyously,
As they're a part of the 'Jj' family.

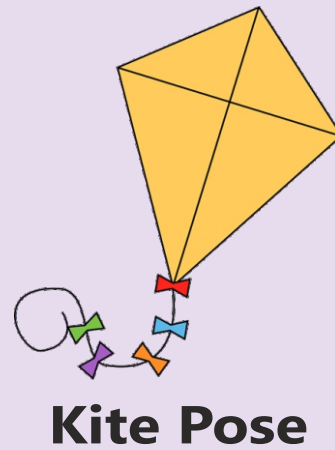
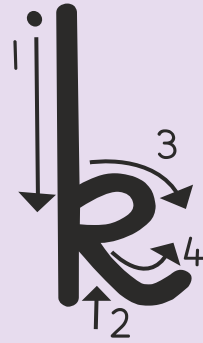
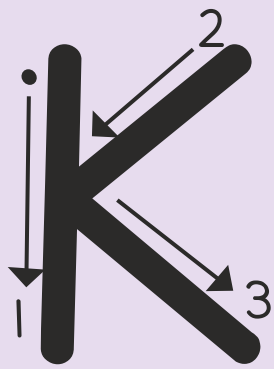
As are jam and jar,
As are jam and jar.

Add jackal, jacket and jelly,
Add jackal, jacket and jelly,
Add jackal, jacket and jelly,
To jeep, joker and joey.

All members of the 'Jj' family,
All members of the 'Jj' family.

Jack and Jill jumped joyously,
Jack and Jill jumped joyously,
Jack and Jill jumped joyously,
As they're a part of the 'Jj' family.



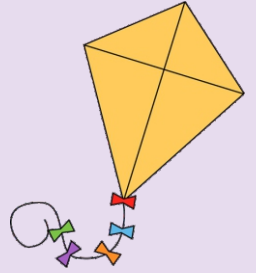


Kite Pose

Benefits:

The kite pose strengthens legs, core muscles and feet. This pose improves balance and concentration.

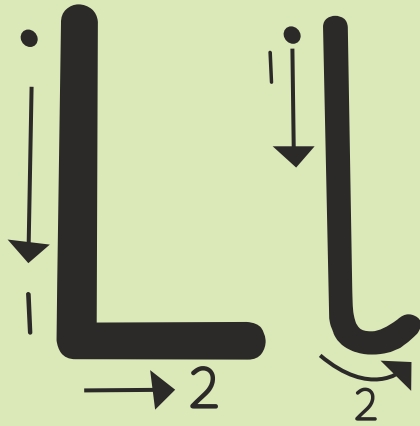
Kk



(To be sung to the tune of 'Jeejebhoy Jeejebhoy Jamshedji')

Do you know that 'Kk' begins
Kite, key and kitten?
King, kindness and kangaroo
All begin with the 'Kk' letter too.
Ketchup and kennel,
Kid and kernel,
Keyboard and kitchen
With 'Kk' do begin.





Lion Pose



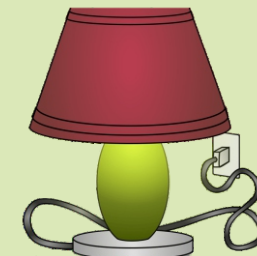
Benefits:

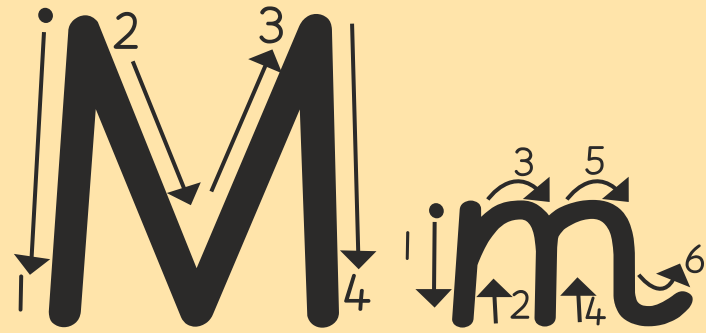
The lion pose helps children strengthen their fingers and palm muscles which helps them improve their hold and grip. This pose also boosts confidence and improve speech skills.



(To be sung to the tune of 'Skip to my lou')

The letter 'L' will lead you,
The letter 'L' will lead you,
The letter 'L' will lead you,
To lollipops, lozenges and lanterns.
Ladybirds, lamps and lions too,
Ladybirds, lamps and lions too,
Ladybirds, lamps and lions too,
The letter 'L' will lead you.





Mountain
Pose

Benefits:

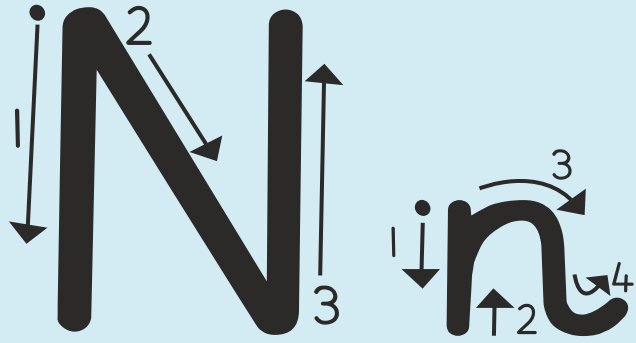
The mountain poses increases children's balancing skills which in turn improves their body alignment and posture.



(To be sung to the tune of 'Lovely')

'Mm' is for **monkey**, 'Mm' for **mat**,
'Mm' is for **mango**, 'Mm' for **map**,
'Mm' is for **monkey**, 'Mm' for **mat**,
'Mm' is for **magic**, 'Mm' for **math**,
'Mm' is for **merrily**, merrily, merrily,
Merrily..... Merrily.





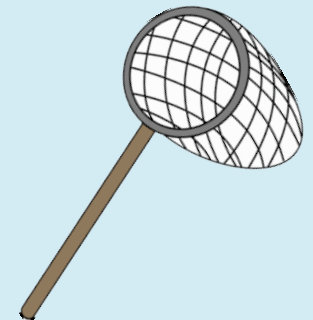
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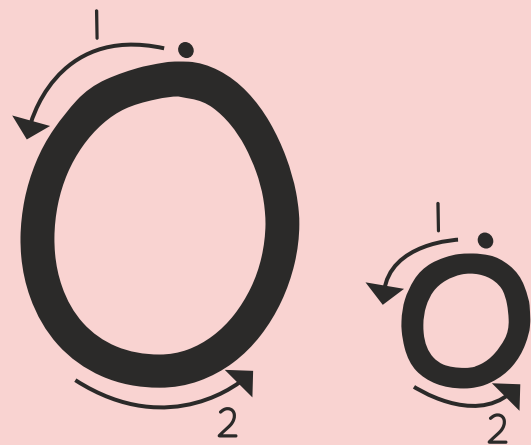
The neck roll is a dynamic stretching exercise that relaxes and strengthens the muscles that pull the head back into alignment over the shoulders.



(To be sung to the tune of 'Twinkle twinkle little star')

**Net and note, nest and nose,
Noon, night and nut,
All begin their names with 'Nn'
As do nail, nip, neck and nib.
Net and note, nest and nose,
Noon, night and nut.**





Owl Pose



Benefits:

The owl pose strengthens children's arms, shoulders and thigh muscles as they learn to balance their body.

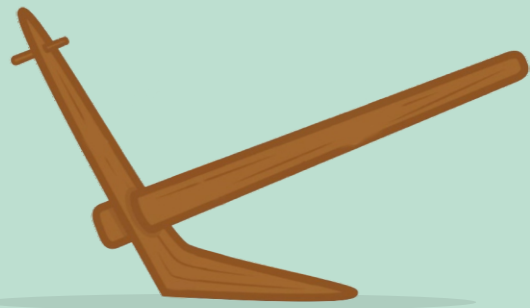
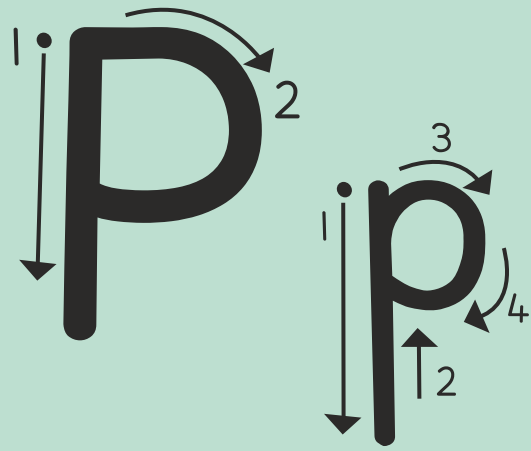


(To be sung to the tune of 'Oranges and lemons')

Oranges and olives begin with letter 'Oo',
Octopus and otter make the 'Oo' family
grow.

Ostrich, oil, oak and ornament
All add to the 'Oo' family's strength.





Plough Pose



Benefits:

The plough pose boosts memory, improves memory retention and makes children's bodies more flexible.



(To be sung to the tune of Mary had a little lamb)

'Pp' for paper, 'Pp' for pen, 'Pp' for pen, 'Pp' for pen,

'Pp' for paper, 'Pp' for pen,

'Pp' for pencil too.

'Pp' for parrot and peacock, and peacock, and peacock,

'Pp' for parrot and peacock,

'Pp' for penguin too.

'Pp' for park, 'Pp' for play, 'Pp' for play, 'Pp' for play,

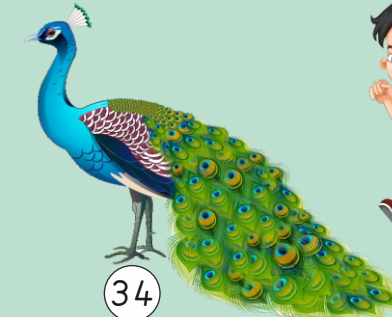
'Pp' for park, 'Pp' for play,

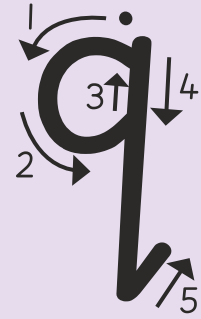
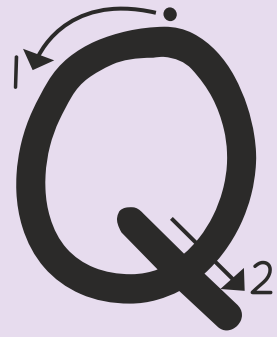
'Pp' for party too.

'Pp' for pizza, 'Pp' for pie, 'Pp' for pie, 'Pp' for pie,

'Pp' for pizza, 'Pp' for pie,

'Pp' for pastry too.





Queen Pose

Benefits:

The queen pose helps to relieve disorders associated with the ear, nose, and throat.

This pose also strengthens children's ankles, thighs, calves and spine. It stretches the shoulders and chest.



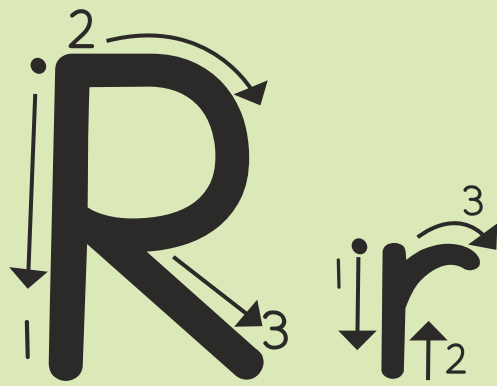
(To be sung to the tune of 'Pussy cat, Pussy cat where have you been')

Quincy quail, Quincy quail,
Where have you been?
I've been to Queensland to see the queen.

Quincy quail, Quincy quail,
Why did you go?
The letter that begins my name I wanted to know.

Quincy quail, Quincy quail,
Did she tell you?
Yes, I know that my name begins with letter 'Qq'.
Quincy quail, Quincy quail,
What did she tell?
She told me 'Qq' starts quill, quilt, queen as well.





**Resting Crocodile
Pose**



Benefits:

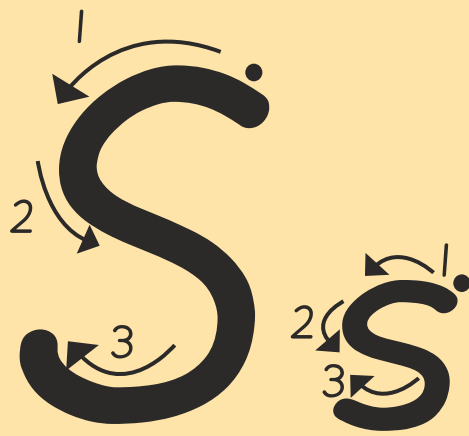
The resting crocodile pose improves children's sleep patterns and relaxes the shoulder muscles that so children can feel rejuvenated, energized and enthusiastic.



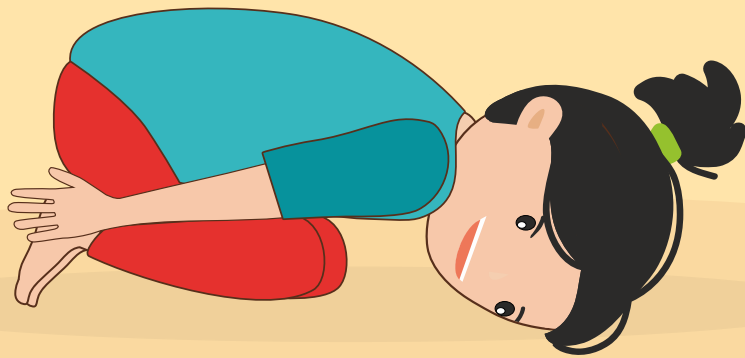
(To be sung to the tune of 'Raindrops on Roses')

**Raindrops and roses, ropes and rabbits,
Rainbows and reindeer, rats and radish,
River, rockets, raspberries and rings,
The letter 'Rr' begins my favourite things.**





Seed Pose



Benefits:

The seed pose helps children develop their back muscles and make them more flexible.



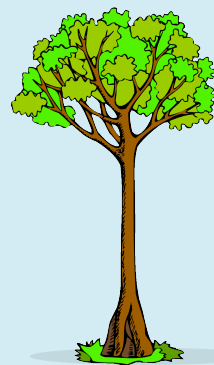
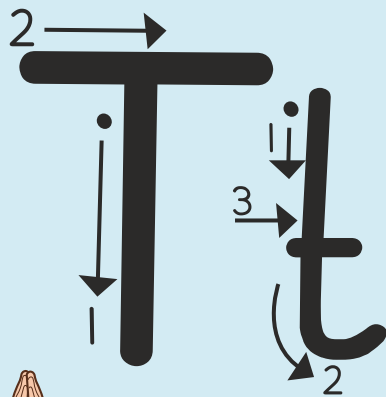
(To be sung to the tune of 'London Bridge is falling down')

The **sun** is **shining** in the **sky**,
In the **sky**, in the **sky**,
The **sun** is **shining** in the **sky**,
'**Ss**' for **shine**, **sun** and **sky**.

The **swans** are **swimming** gracefully,
Gracefully, gracefully,
The **swans** are **swimming** gracefully,
'**Ss**' for **swans** and **swim**.

I am **shoveling** with a **spade** in the **sand**,
Spade in the **sand**, **spade** in the **sand**,
I am **shoveling** with a **spade** in the **sand**,
'**Ss**' for **shovel**, **spade** and **sand**.





Tall Tree Pose

Benefits:

The tall tree pose helps children balance their body and strengthens core muscles. This pose also develops concentration skills.

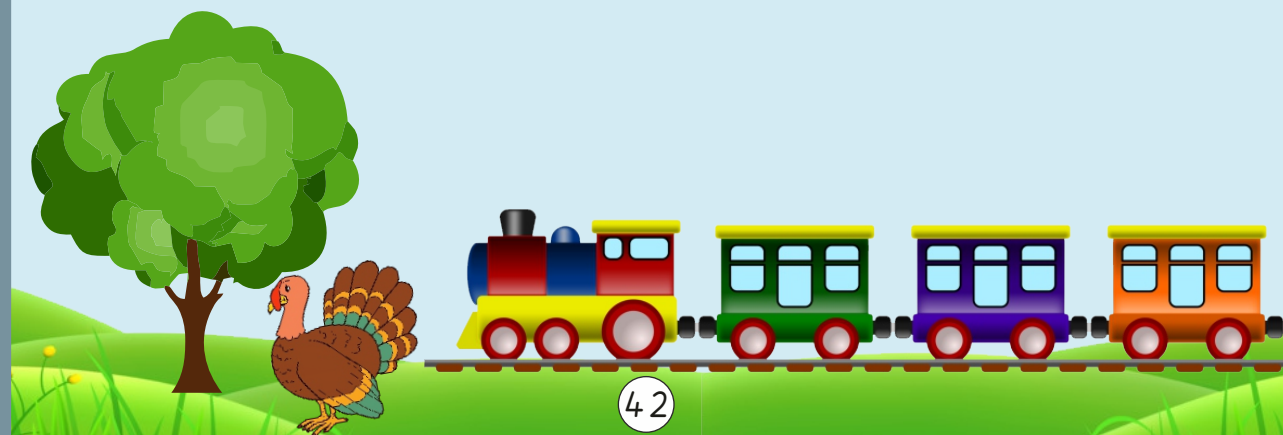
Tt

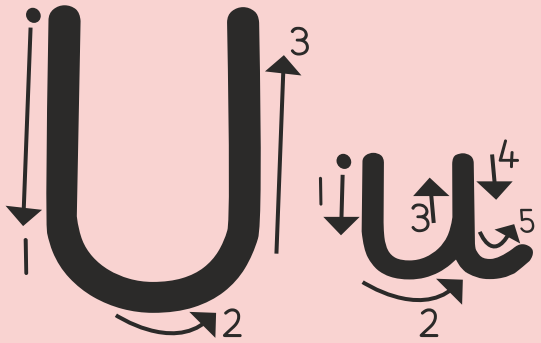
(To be sung to the tune of 'The farmer's in the dell')

'Tt' is for tree, 'Tt' is for top,
'Tt' is for train and 'Tt' is for tot.

'Tt' is for tiger, 'Tt' is for trail,
'Tt' is for tadpole and 'Tt' is for tail.

'Tt' is for table , 'Tt' is for tap,
'Tt' is for turkey and 'Tt' is for trap.





Unicorn Pose

Benefits:

Unicorn pose improves the body frame which is important for children to develop focus and attention while performing a specific task or an activity.



(To be sung to the tune of 'Miss Molly had a dolly')

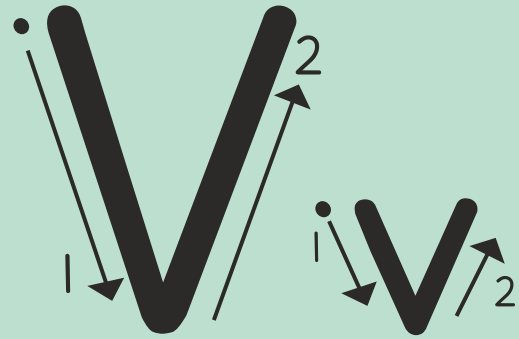
Can you name some words that
Begin with letter 'Uu'? Just like **umbrella** and
uncle do.

Under, underwear and underground too.
Are such words as are **unlock** and **undo**.

Universe, unity and unicorn
Add to the 'Uu' words just like **uniform**.

Up, upon and uphill
Are words also that fit the bill.





Volcano Pose



Benefits:

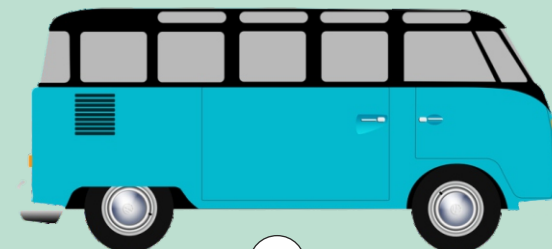
The volcano pose increases children's imagination and creativity skills. It also encourages children to stretch their arms and legs and develop their balancing skills.

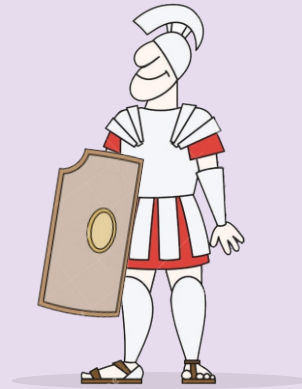
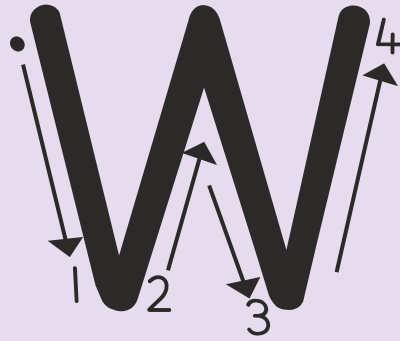


(To be sung to the tune of 'Jeejeeboy Jeejeeboy Jamshedji')

I'd like to share my **vocabulary**
Of the **vibrant** letter '**Vv**'
'**Vv**' for **vegetables** that give me
Vitamins for **vitality**.

'**Vv**' is for **van**
Which is a **vehicle**,
'**Vv**' is also for **vase**
In which my **violets** I fill.





Warrior I Pose



Benefits:

The warrior I pose strengthens the muscles and also gives a boost to children's self esteem.



(To be sung to the tune of 'Swallowed a peanut')

Wash the window, wash the window,
Wash the window just now.

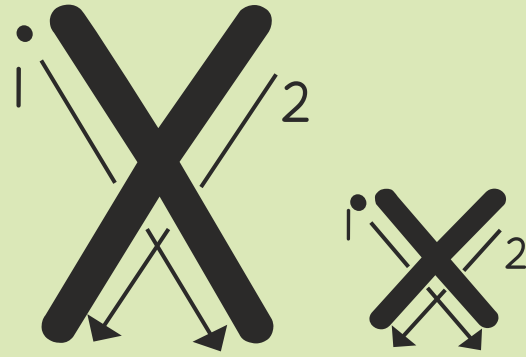
Use some water, Use some water,
Use some water just now.

But take care not to waste it,
Not to waste it just now.
Our world's future is in our hands,
The way we care for it just now.

Wash and window, water and waste,
Start with 'Ww'

As does this world
That belongs to me and you.





X-ray Pose

Benefits:

The x-ray pose improves children's observation skills and makes them aware of their bones. It also increases stamina and energy levels in turn making children's body flexible and strong.

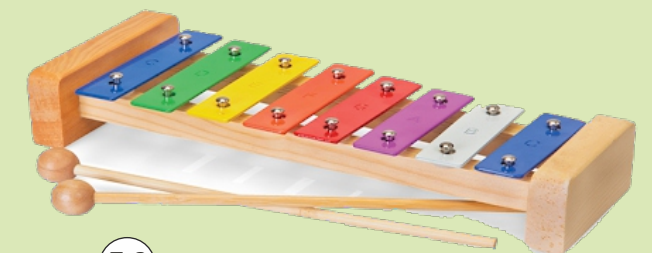


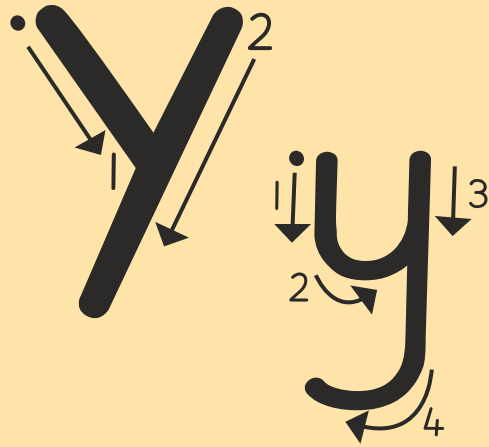
(To be sung to the tune of 'The farmer's in the dell')

X'mas begins with letter '**Xx**',
Another name for which is Christmas.

Father **X'mas** has achieved so much fame,
Santa Claus is his other name.

No other gift but an **Xx**, one alone,
This time I've asked him for a **xylophone**.





Yoga Pose



Benefits:

The yoga pose enhances children's energy levels and makes them aware of their surroundings.

Yy

(To be sung to the tune of Mary had a little lamb)

The **yolk** of an egg is **yellow**, is **yellow**, is **yellow**,
The **yolk** of an egg is **yellow**,
'Yy' for **yolk** and **yellow**.

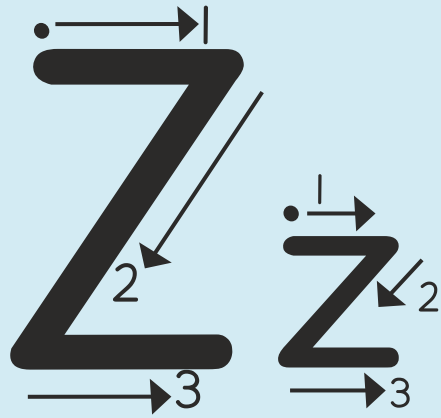
Yachting means sailing in a **yacht**,
Sailing in a **yacht**, sailing in a **yacht**,
Yachting means sailing in a **yacht**,
'Yy' for **yacht** and **yachting**.

Yoga helps **you** to stay **young**,
To stay **young**, to stay **young**,
Yoga helps **you** to stay **young**,
'Yy' for **yoga** and **young**.



I love to spin **yarns** for **you**,
Yarns for **you**, **yarns** for **you**,
I love to spin **yarns** for **you**,
'Yy' for **yarns** and **you**.





Zeal pose



Benefits:

The zeal pose helps children to become calm, focused, positive, proactive and energized during work and play.

Zz

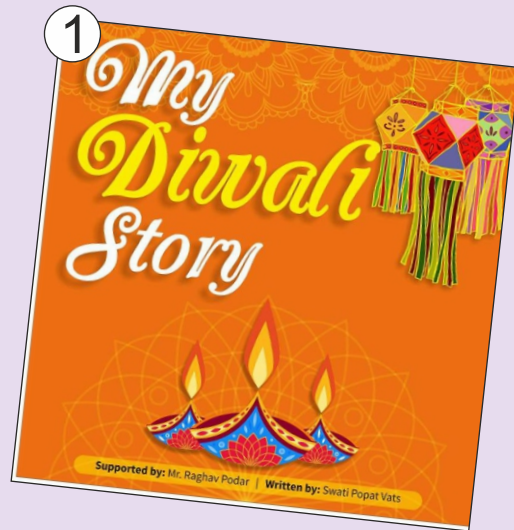
(To be sung to the tune of 'Twinkle twinkle little star')

'Zz' for zebra, 'Zz' for zoo,
'Zz' for zip and zero too.
'Zz' for zigzag, 'Zz' for zest,
'Zz' is the last letter of the alphabet,
'Zz' for zebra, 'Zz' for zoo,
'Zz' for zip and zero too.

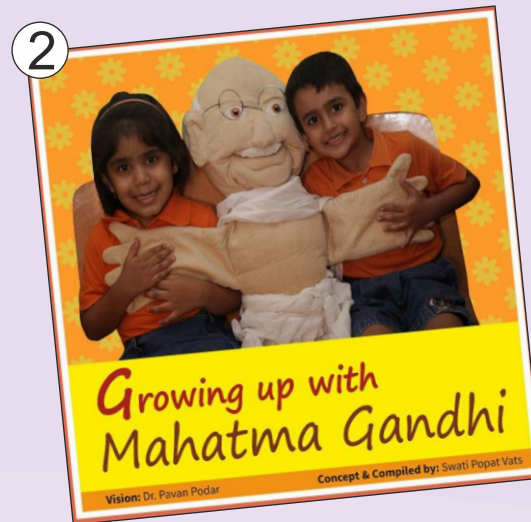


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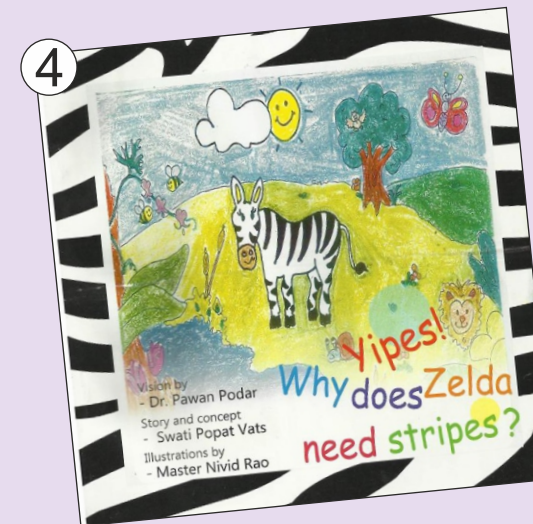
Hansel and Gretel and the Lovely old lady



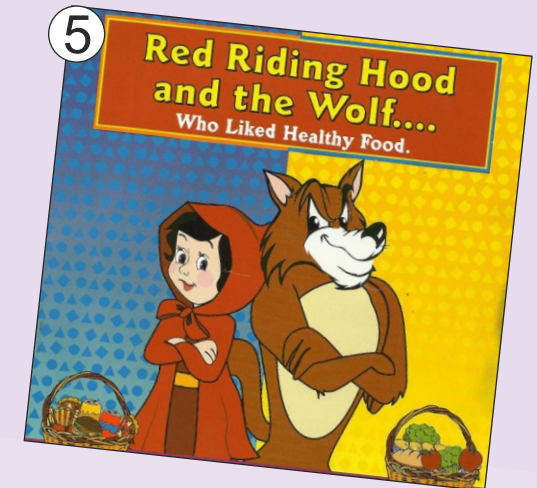
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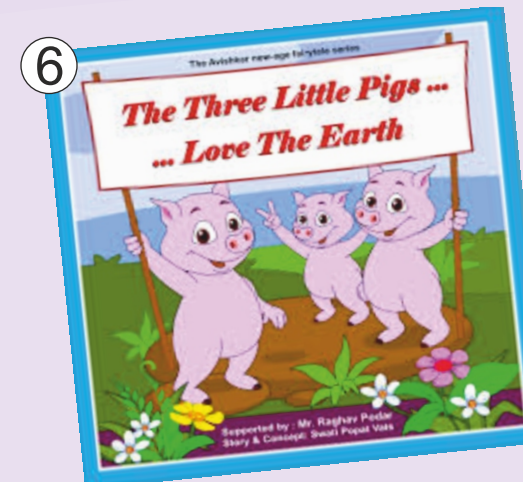
Yipes! Why does Zelda need stripes



Red Riding Hood and the Wolf who liked healthy food.



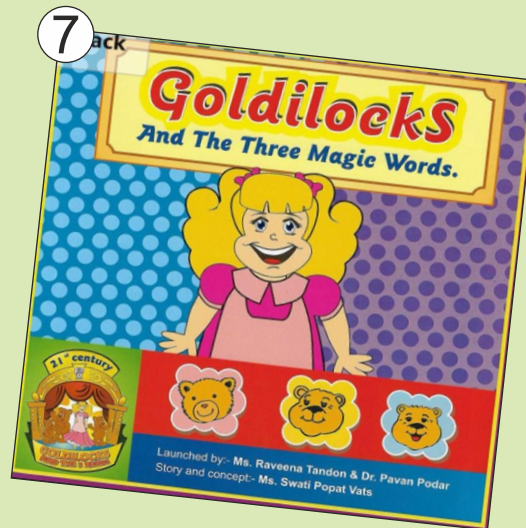
Three little pigs.. love the earth



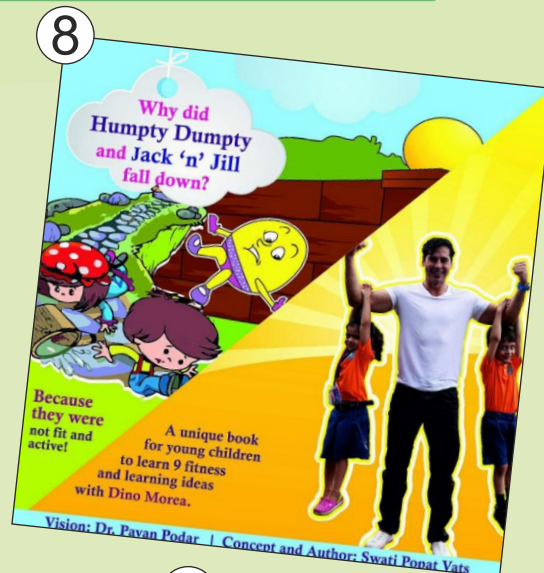
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Goldilocks and the three magic words



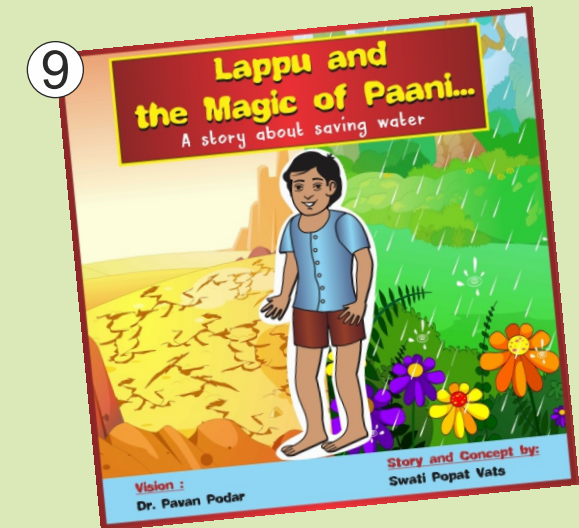
Why did Humpty Dumpty and Jack 'n' Jill fall down?



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