

Kids Partner Poses

All Ages



1. Sit back and relax

Close your eyes and take slow breaths

Take turns leaning forward and relaxing back



2. Chair pair

Work together as a team to hold your balance
Build strength in your legs



3. Tree of Love

Support each other in this balance pose
Take slow deep breaths



4. Boats and Bridges

Use boat pose to create a bridge together
Combine your strength and flexibility
to balance together