

Space Yoga

Preparation and Safety

Age 3-11

National Curriculum Develop balance, agility and coordination.

Time Approximately 20 minutes but this can be flexible, according to age.

Preparation Session to happen on a carpeted floor or mats, with enough space to stretch out arms and legs. If possible, have some space-themed toys or pictures to promote discussion.

Remind the participants of the safety rules.

Safety

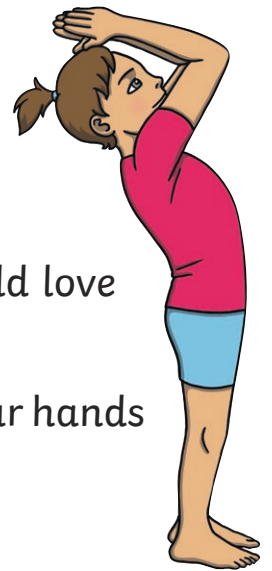
- **Adapt:** Make poses easier if your breathing isn't smooth.
- **Breathe evenly:** Take easy breaths in each pose.
- **Enjoy it:** Move in a way that feels good. If it hurts at any point, stop.
- **Keep safe:** Don't touch others and use support where necessary.

Cake Dream

1

This pose gently bends your spine back. Keep your knees a little bent and make the movement smaller if it feels better to do so.

1. Stand steady with your feet flat on the floor.
2. Gently lift your hands over your head.
3. Lift your tummy and bend back a little.
4. Check how you feel and then bend back a little more if it feels good.
5. Imagine a beautiful cake in the clouds, one that you would love to make and eat.
6. With bent knees, bring your body back to standing with your hands by your side.
7. Repeat this pose if you would like to.



Pouring the Ingredients

2

This pose will stretch your chest. Move in a way that is comfortable for you. Move your arms less if it feels better.

1. Start by standing with one foot forward.
2. Let your back, shoulders and one hand come down towards your front foot.
3. Imagine you can pour the cake ingredients into a bowl which is at your front foot.
4. Now, drop a little bit of each ingredient into your mouth.
5. Press into your feet to come back up.
6. Repeat this pose on the other side of your body.



Mixing the Ingredients

3

This pose will stretch your hips. Keep your hips higher to make it feel good. Start in standing with your feet apart and toes slightly wide.

1. Bend your knees so your hips come down.
2. Drop your hips as much or as little as you want.
3. Imagine you are mixing a massive cake.
4. Press into your feet and use strong legs to come back to standing.
5. Do this again if you would like to.

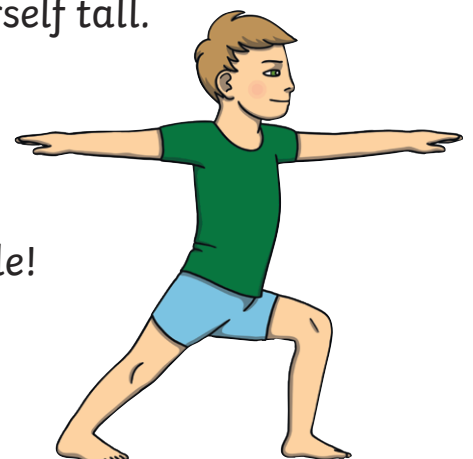


Filling the Cake Cases

4

This pose will help you to balance. Your feet need to be steady on the ground. If you wobble, come back to standing and make sure you don't touch anyone.

1. Start in standing.
2. Step one foot forwards.
3. Float your hands up over your head. Make yourself tall.
4. Bring one hand forwards and one hand backwards. Imagine you are dropping mixture into paper cake cases.
5. Now, come on to your tiptoes – try not to wobble!
6. Bring your feet flat on to the floor.
7. Repeat this pose if you would like to.

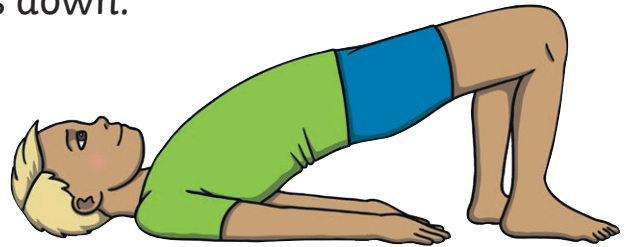


Rising Cakes

5

This pose lifts your hips higher than your heart. Lower your hips if you need to make it feel more comfortable.

1. Lie on your back.
2. Bring your feet close to your hips.
3. Press into your feet to lift your hips.
4. Take your hands to your sides.
5. Keep your shoulders relaxed and breathe.
6. Now slowly and gently bring your hips down.
7. Repeat this pose if you would like to.

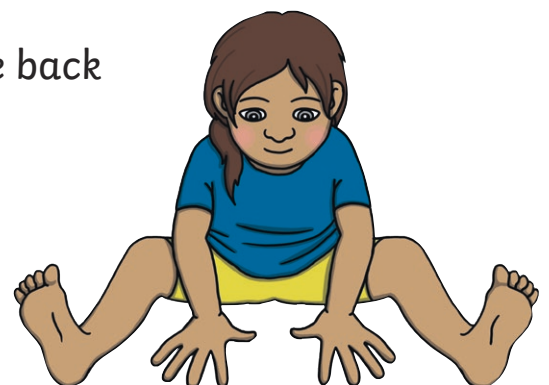


Decorating the Cakes

6

This pose will fold your spine forwards. Keep your knees slightly bent all the time.

1. Start by sitting with your legs wide and knees slightly bent.
2. Slide your hands down your legs and fold forwards.
3. Allow your tummy to come closer to your thighs.
4. Allow your head to become heavy and imagine yourself decorating the cakes.
5. Walk your hands back up your legs to come back to sitting.
6. Do this again if you would like to.



Laying out the Solar System

7

This pose helps your spine to twist as you move your head gently and smoothly. Your bottom needs to stay even on the floor throughout the pose.

1. Sit with your feet out in front of you.
2. Bring your feet together so the soles of your feet are touching.
3. Twist your tummy around and place cakes in your Solar System. Place the Earth, the Sun and all the other planets.
4. Let your hand rest on your opposite knee.
5. Your free hand can, light as a feather, rest on the floor.
6. Breathe and enjoy the pose.
7. Smoothly come back out of the pose.
8. Repeat this on the other side.

