

Yoga for Digestion: Older Children Occupational Therapy Department

It is important to make sure your child is breathing correctly while holding poses. Deep, slow breaths inhaling through the nose and slow exhales through the nose or open mouth (example: smell the flowers, blow the bubbles).

Hold each pose for 5-30 seconds. Stop if your child appears to be in pain or discomfort. Do all poses within your child's ability. Complete each pose 1-2 times daily.

It is important to allow for at least 1-2 hours for food to digest before practicing yoga poses.

**Seated Spinal Twist
(alternate sides)**



Seated Forward Bend



Frog Pose



Cocoon



**Knee-to-Chest
(alternate sides)**



Standing Forward Fold



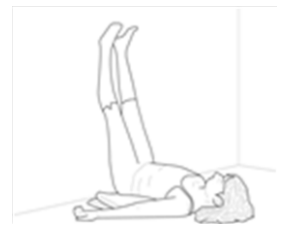
Cat/Cow



Happy Baby



Spider Legs



Child's Pose



**Supine Spinal Twist
(alternate sides)**



Downward Dog

