



Breathing Poses for Calming and Energizing

Balloon Breath



Close your eyes & imagine holding a balloon in your lap. Breathe in and let your hands move apart as the balloon gets bigger. Then let your breath out, and your hands come back together as the balloon gets smaller. This is how the breath moves inside of you. Repeat.



Bunny Breath

Sit comfortably with your spine long. Twitch your nose like a bunny as you take 3 - 4 quick breaths in through your nose. Then breathe out through your mouth slowly with a sigh. Repeat 3 - 4 times to feel energized.

Dragon Breath



Sit comfortably. Place your hands on your belly. Breathe out through your nose with a strong snort, as you pull your belly in toward your spine. Air will naturally come back in, so focus on the out breaths. Repeat 3 - 6 times, then breathe normally.



Peace Breath

Sit quietly with your legs crossed. Close your eyes. Breathe in through your nose. As you breathe out, whisper or think the word PEACE. Feel peace inside you and around you. Repeat.



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Sun Breath

Stand tall. Breathe in as you reach up high with one hand, coming up on tip toes. Imagine you are grabbing Sunshine to put into your "Power Center" (belly). Breathe out with a "hah" sound. Repeat with the other hand, and keep repeating until you feel powerful!



Take 5 Breath

Sit or stand to do this pose to feel calm. Breathe in through your nose, counting in your mind, or until each of your fingers is up. 1, 2, 3, 4, 5. Then breathe out as you count backward and put each finger down. 5, 4, 3, 2, 1. Repeat.



Twist & Blow

Lie on your back, knees bent, and stretch your arms out. Drop your knees to the right as you turn your head left and breathe out with a blowing sound. Breathe in and bring your legs back up and over to the left, blowing your breath out as you turn your head to the right. Repeat.



Volcano Breath

Sit in a chair or stand up. Place your hands together at your heart. Breathe in deeply as you watch your hands rise up over your head. Breathe out as you explode your arms outward, making big erupting noises. Relax and repeat.

*Breathing Poses are derived from YogaKids® training, and are found in the book *YogaKids®: Educating the Whole Child Through Yoga*, Marsha Wenig, (Stewart, Tabori & Chang)
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