


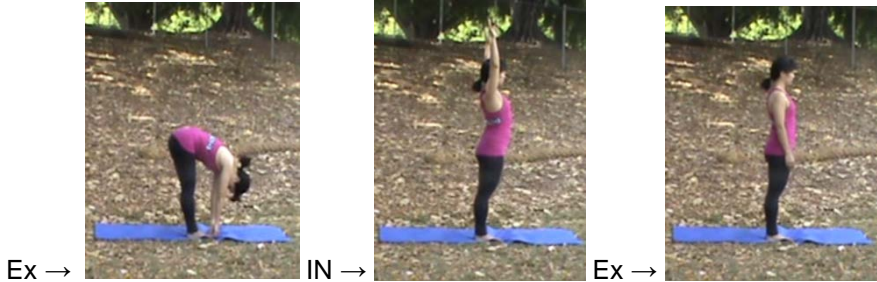
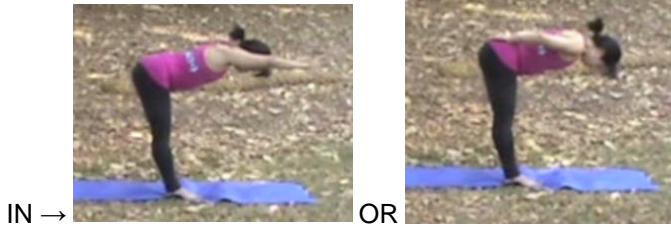


Appendix B

**Table 1**

MiYoga Postures

Illustration of Posture	Posture	Physical Benefits	Possible Modifications
 <p>Inhale (IN) → Exhale (Ex) →</p> <p>IN → Ex → IN → Ex →</p>	<p><b>Warm-Up</b></p>	<p><b>Strengthens:</b></p> <ul style="list-style-type: none"> <li>• legs</li> <li>• arms</li> <li>• torso</li> </ul> <p><b>Lengthens:</b></p> <ul style="list-style-type: none"> <li>• back of the body</li> <li>• back of the legs</li> </ul> <p>Induces balance</p>	<p>If required, have support (e.g. table/chair/wall) in front or to the required side.</p>  <p>This posture can also be performed in a chair or wheelchair</p>  <p>Provide prompts for children to keep their knees straight in forward bend (if standing) and only to go as far as they are comfortable when bending forward. Encourage children to bear weight evenly on both left and right sides.</p>



**Half Forward Bend**

**Strengthens:**

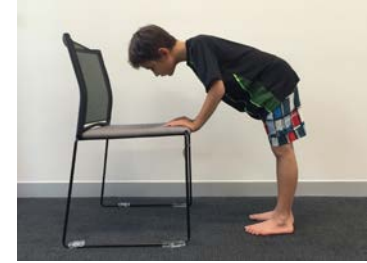
- legs
- arms
- torso

**Lengthens:**

- back of the body
- back of the legs

Induces balance

If required, have support (e.g. table/chair/wall) in front or to the required side.



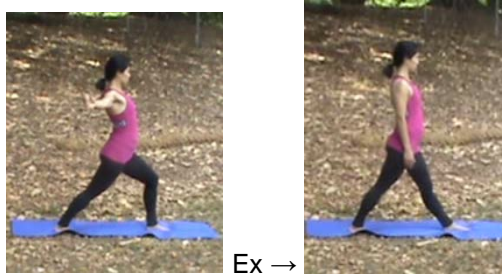
Provide prompts for children to keep their knees straight in forward bend (if standing) and only to go as far as they are comfortable when bending forward. Encourage children to bear weight evenly on both left and right sides.



→

IN →

OR



Ex →

(repeat) 4x;

To finish,



Ex →

**Warrior sequence**

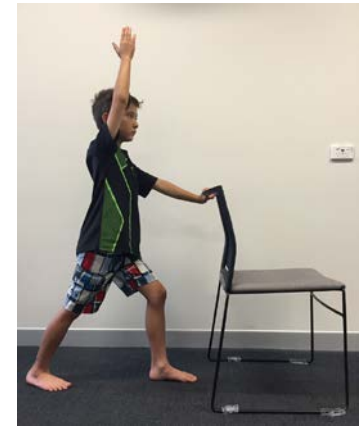
**Strengthens:**

- quadricep muscles
- arms
- torso

**Lengthens:**

- hip flexor muscles
- calve muscles

If required, have support (e.g. table/chair/wall) in front or to the required side.



Provide prompts for children to keep both of their feet pointing forward if possible and aim to have the back heel on the ground. Encourage children to bear weight evenly on both left and right sides.



→



IN →



EX →



IN →



(repeat 4x)

to finish,



Ex →

→



**One sided forward bend**

**Strengthens:**

- legs
- arms
- torso

**Lengthens:**

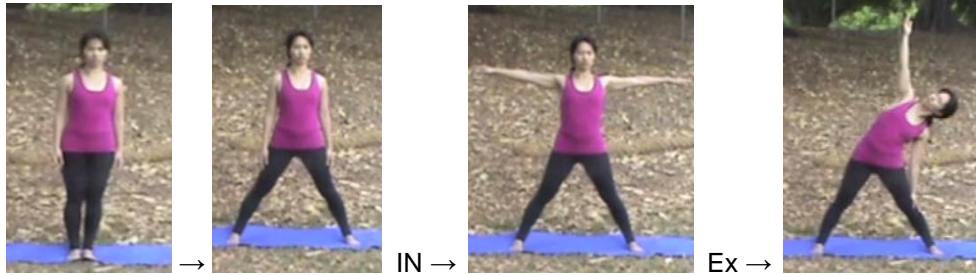
- hip flexor muscles
- calve muscles

Induces Balance

If required, have support (e.g. table/chair/wall) in front or to the required side.



Provide prompts for children to keep both of their feet pointing forward if possible and aim to have the back heel on the ground. Ask the children to explore with having the front knee as straight as it is comfortable for them. Encourage children to bear weight evenly on both left and right sides.



(Repeat 4x each side)

To finish,



**Triangle**

**Strengthens:**

- legs
- arms
- torso

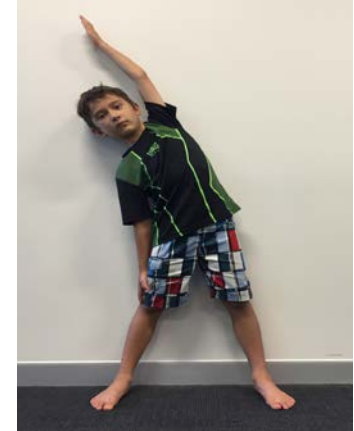
**Lengthens:**

- muscles along the side of the body

Induces Balance

Increases hip flexibility

If required, this pose can be done with back gently against a wall and/or have support (e.g. table/chair) on either side.



Provide prompts for children to keep their knees straight in forward bend and only to go as far as they are comfortable when bending forward. Encourage children to bear weight evenly on both left and right sides.



IN →



Ex →

OR

IN →



Ex →

(Repeat 4x)

To finish,



IN →

**Feet apart  
Forward  
Bend**

**Strengthens:**

- legs
- arms
- torso

**Lengthens:**

- muscles of the inner thighs and hamstrings

Induces Balance

Increases hip flexibility

If required, have support (e.g. table/chair/wall/blocks) in front.



Provide prompts for children to have the feet pointing forward and to keep their knees straight in forward bend and only to go as far as they are comfortable when bending forward. Encourage children to bear weight evenly on both left and right sides.



OR



IN →



EX →



IN →



EX →



IN →



EX →



IN →



EX →



OR



(repeat)

### Downward Dog

#### Strengthens:

- legs
- arms
- upper body
- torso

#### Lengthens:

- muscles in back of the body and legs

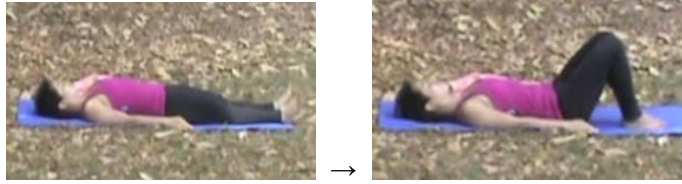
Provide prompts for children to keep their heels and big toes together in the kneeling postures. Encourage children to bear weight evenly on both left and right sides.

Downward dog pose can also be performed separately.

Downward dog can be performed from standing or seating in a chair by placing both hands against a wall or on a table/chair in front with the aim to flex hips, with back straight and shoulder blades back and down (retracted).



Bent legs with strap (or towel)



Place rolled towel/strap under Left foot  
(Repeat from here)



EX →



IN →



EX →



IN →



EX →



IN Stay



Ex →



(Repeat)

To Finish:

Release towel/strap from under foot

EX →



→



Repeat on other leg

leg

### Supine Leg lift

#### Strengthens:

- arms
- torso

#### Lengthens:

- muscles in back of the legs

Provides full range of motion from the hip to the toes.

Increase circulation and release any tightness in the hips, knees, and ankles.

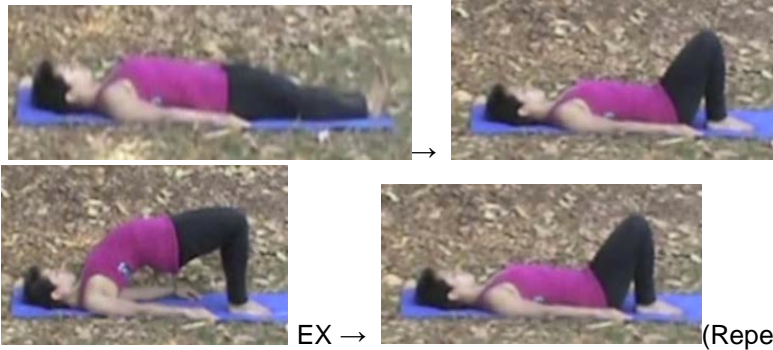
A rolled towel or belt is required for this sequence.

If possible keep the resting leg straight along the floor instead of bent. Feet of resting leg can be placed flat on a wall so that the ankle is at approximately 90degree dorsiflexion and prompt children to push their feet into the wall while they are lifting the other leg. This will help them keep the resting leg active and straight.





(Repeat from here)




IN →

EX →

(Repeat)

To finish EX down:



### Bridge

#### Strengthens:

- core back muscles
- gluteal muscles

#### Lengthens:

- hip flexor muscles
- quadriceps muscles

Children can hold the block between their knees while moving the hips up and down will help them engage their core muscles.



(Repeat from here)



IN→

EX→



IN →

EX →



(One round; Repeat 4x)

To finish:



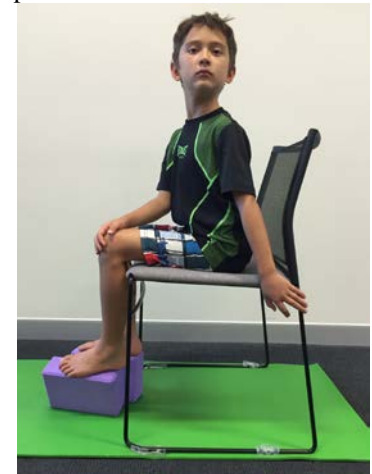
### Supine Spinal Twist

#### Lengthens and relaxes:

- back and spine

It is also possible to place rolled up blankets or a bolster on the floor in line with the knees (a few inches from the hip) on both sides to prevent any discomfort from rotating too far.

This spinal twist can also be performed from standing or seating in chair. If standing place feet hip width apart, place hand across the body to the opposite waist and twist body (without moving feet). If seating in a chair place feet flat on the floor or on blocks. With back straight, place hand on opposite knee and twist body pass the knee the hand is on.





→

(Repeat from here)



IN→



EX→

(repeat)

To finish:



IN →



→

### Apanasana

#### Lengthens and relaxes:

- back and spine

Verbal prompts to invite children to experiment with some hip movements, such as rocking slightly from side to side, or move knees and hips in small circles or simply staying still and observing sensations in their bodies while in this pose.



(Repeat from here)



IN →

EX →



(Repeat)

To Finish:



### Cobra

#### Strengthens:

- torso
- back muscles
- neck muscles

#### Lengthens:

- muscles in the front of the body

A blanket can be placed under hips and lower ribs for comfort.



IN →



(Repeat from here)



EX →

IN →

(lift RIGHT leg)



EX →



(One round; Repeat four times)

To finish:



**Prone with legs**

**Strengthens:**

- torso
- back muscles
- gluteal muscles

**Lengthens:**

- muscles in the front of the body

A folded blanket can be used to help support the lifted leg if placed under the front of thighs (of the lifted leg).



(Repeat from here)



IN →



EX →

(Repeat)

To Finish:



### Lotus 2

#### Strengthens:

- torso
- back muscles
- neck muscles
- gluteal muscles

#### Lengthens:

- muscles in the front of the body

A blanket can be place under hips and lower ribs for comfort



(Repeat from here)



IN →

EX →



(Repeat 4x)

To Finish:



### Superman

#### Strengthens:

- arms
- torso
- back muscles
- neck muscles
- gluteal muscles

#### Lengthens:

- muscles in the front of the body

A blanket can be place under hips and lower ribs for comfort.



OR



EX →



(repeat from here)



IN →

EX →



(Repeat)

To finish:



IN →

OR



### Cat – back

#### Strengthens:

- arms
- quadriceps muscles

#### Lengthens and relaxes:

- neck muscles
- shoulders
- back muscles and spine

If required, provide physical support at elbow on the involved side to help children maintain straight arm.



Also, verbal prompts to remind children to have hands flats on the floor.





EX →



IN →

(repeat from here)



EX →



IN →



EX →



(One round; Repeat four

times)

To finish:



IN →

### Cat - legs

#### Strengthens:

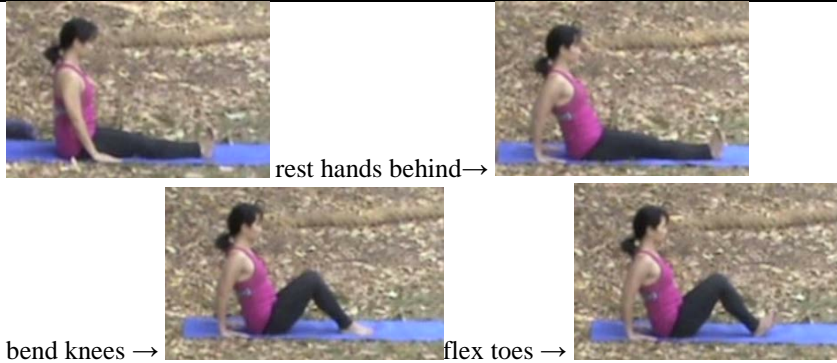
- arms
- back muscles
- quadriceps muscles
- leg muscles

#### Lengthens and relaxes:

- back muscles and spine (in child's pose)

Children may find lifting their legs straight up one at a time in this sequence too difficult, they may like to try to extend it straight out behind them by sliding their foot along the floor without lifting their legs.





rest hands behind →

bend knees →

flex toes →

Stay for 4 to 6 breaths

**Alternative boat:**



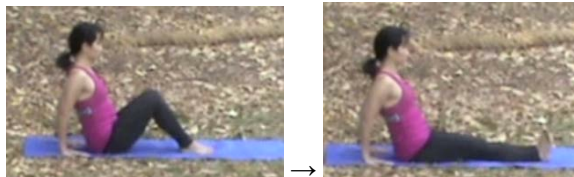
Lift one foot off the floor, swap legs



Balance with both feet off the floor

Stay for 4 to 6 breaths

to finish:



**Boat Pose**

**Strengthens:**

- abdominal muscles
- back muscles
- quadriceps muscles

**Lengthens:**

- back muscles and spine (in child's pose)

This posture may be done with elbows and forearm on the floor or with back rest on the floor arms by the side. With knees bent and feet flat on the floor, lift one heel off the floor at a time - aim to have shin and foot parallel to the floor.



**One leg at a time**



→



IN →

(Repeat from here)



EX →



(Repeat 4x)

To finish:



IN →

EX →



IN →



**Seated forward bend – one leg at a time**

**Rowing boat**

**Strengthens:**

- arms
- torso

**Lengthens:**

- back of the body
- hamstring muscles
- calf muscles

This posture can be performed sitting on firm cushions, bolsters or folded blankets to help lift pelvis



A strap or belt can also be used to assist with lengthening the body and leg



Verbal prompts may be provided to help children keep their legs straight.

(Repeat from here)



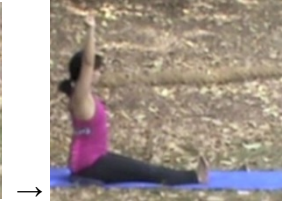
IN →



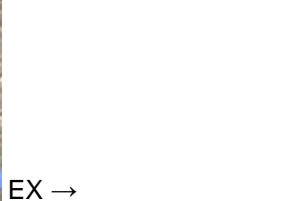
EX →



IN →



→



EX →



(Repeat 4 x)

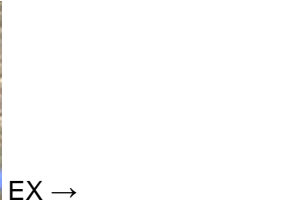
To finish:



IN →



→



EX →



**Seated forward bend – both legs**

**Rowing boat**

**Strengthens:**

- arms
- torso






**Lengthens:**

- back of the body
- hamstring muscles
- calf muscles

This posture can be performed sitting on firm cushions, bolsters or folded blankets to help lift pelvis and a strap or belt can be used to assist with lengthening the body and legs



Verbal prompts may be provided to help children keep their legs straight.

<p style="text-align: center;">(Repeat from here)</p>  <p style="text-align: center;">→ → →</p>  <p style="text-align: right;">(Repeat a few times)</p> <p>To finish:</p> 	<p><b>Butterfly</b></p>	<p><b>Lengthens:</b></p> <ul style="list-style-type: none"> <li>inner thigh muscles</li> </ul> <p>Increases flexibility in the hips.</p>	<p>This posture can be performed sitting on firm cushions, bolsters or folded blankets to help lift pelvis and lengthen the body.</p>  <p>If required, this posture can also be performed sitting with back against a wall for support.</p>
	<p><b>Shavasana or the relaxed star pose</b></p>	<p>This pose helps to assimilate the benefits of all the movements in the practice.</p>	<p>A rolled blanket, bolster or pillow can be placed under the knees and/or under head for comfort..Children may also like to be covered with a blanket for warmth.</p> <p>Props such as belts, rolled mats or towels and bolsters may also be used for alternate supported relaxation postures.</p> 