

# HOLLY JOLLY YOGA *Christmas*

Delight the children in your life with a gift that truly lasts a lifetime ... the gift of yoga.

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By Loraine Rushton

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**CHRISTMAS** is on its way and you have probably started thinking about the perfect presents to give your friends and family. However, if you are stuck for inspiration and yet you want to give the young ones you love something meaningful – a gift they can treasure for a lifetime – then we are here to help. This festive season you can share the magic and yogic joy by bestowing on your loved ones the gift of yoga. You can inspire and instill in others the desire and know-how to embrace a practice that can teach the tools to self-calm, and how to find and maintain inner strength and happiness.

So, this Christmas, how about following my 12 days of Christmas yoga for gifts that you can all enjoy together (young, old and middle-aged) forever?

# 12 gift tips



**Give a yoga story book:** Babar's *Yoga for Elephants* by Laurent de Brunhoff is a particularly cute one.



**Host a Christmas yoga party:** What fun! Who wouldn't want to come?



**Download meditation for children:** I've created a yoga nidra sequence for children, especially for you. Visit [www.zenergyyoga.com](http://www.zenergyyoga.com) for a free relaxation download.



**Give a mandala colouring book:** Children, teens and even adults love to colour in. Mandalas are special because they help to create single-pointed focus and develop concentration; this could be a perfect moment of peace among the Christmas madness. Log on and check out [www.printmandala.com](http://www.printmandala.com) for a multitude of choices.



**Make a yoga Christmas tree ornament:** We often do this in the final yoga class of the year as a special gift for the kids to take home. Draw your favourite pose on an ornament to hang on the tree for a personal touch.



**Play yoga reindeer games:** In preparation for their big night ahead, the reindeers warm-up by assuming Down Dog. Have children run sideways to one end of the room and back. You can also make this a team game.



**Take a non-yogi to a yoga class.**



**Learn to teach yoga to children:** Go to [www.zenergyyoga.com](http://www.zenergyyoga.com) for a free audio download on my top 10 tips for teaching yoga to children.



**Commit to doing an anonymous good deed:** In the spirit of Christmas, teach children the joy of giving to others.



**Give a deck of yoga cards:** Check out bookshops or online for a huge range of beautifully illustrated yoga cards for children.



**Enjoy a moment of gratitude:** With the excitement and overwhelm of the holiday season, the perfect gift for yourself and your children could be to spend a moment thinking of all the things you are grateful for.



**Rename five yoga poses with Christmas names.** For example, Tree Pose could be Christmas Tree Pose or Triangle Pose could be Snow Angel. If you feel creative, sequence the poses into a Christmas story or a song.



With 20 years of experience, Loraine Rushton is a leading authority on yoga for children and teens. Worldwide, she has trained thousands of people how to teach children's yoga in a way that is educational, meaningful and fun.

Here's a Christmas song I've created.  
Hope you enjoy it, and have fun!

## The 12 Days of Christmas yoga sequence for children

**On the first day of Christmas  
my true love sent to me:**  
a partridge in a yoga tree

**On the second day of Christmas  
my true love sent to me:**  
2 forward bends  
and a partridge in a yoga tree

**On the third day of Christmas  
my true love sent to me:**  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the fourth day of Christmas  
my true love sent to me:**  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the fifth day of Christmas  
my true love sent to me:**  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the sixth day of Christmas  
my true love sent to me:**  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the seventh day of Christmas  
my true love sent to me:**  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the eighth day of Christmas  
my true love sent to me:**  
8 crows a crowing  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the ninth day of Christmas  
my true love sent to me:**  
9 bellies breathing  
8 crows a crowing  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the tenth day of Christmas  
my true love sent to me:**  
10 bridges lifting  
9 bellies breathing  
8 crows a crowing  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the eleventh day of  
Christmas my true love  
sent to me:**  
11 legs a swinging  
10 bridges lifting  
9 bellies breathing  
8 crows a crowing  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

**On the twelfth day of Christmas  
my true love sent to me:**  
12 up dog down dogs  
11 legs a swinging  
10 bridges lifting  
9 bellies breathing  
8 crows a crowing  
7 chairs a sitting  
6 eagles landing  
5 warrior threes  
4 low planks  
3 frog jumps  
2 forward bends  
and a partridge in a yoga tree

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