

Under the Sea Yoga

Mermaid

1

This pose twists your spine. Make the twist smaller if it ever feels uncomfortable. While doing this pose, your tummy muscles will slightly draw back towards your spine.

1. Lie on your back with your feet close to your bottom and knees together.
2. Stretch your arms out wide with your palms up.
3. Now, smoothly slide your knees over to one side.
4. You may want to turn your head away from your knees.
5. Now, bring your knees up to the centre again.
6. Repeat this on the other side.



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Seaweed

2

This pose will help you relax your shoulders.

1. Start by standing up tall.
2. Can you move your arms like seaweed in a rock pool?
3. Make your movements look like slippery seaweed.
4. Move your hands so they are like seaweed too.
5. Now can you move your shoulders like seaweed?
6. Can you make big circles with your shoulders?
7. Can you let this movement spiral and float down your arms?



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Puffin

3

This pose will help you to balance. If you feel wobbly, bring both feet on to the ground.

1. Start with both feet on the ground and make sure you feel steady.
2. Take one foot up behind you so it's close to your hips or bottom.
3. Take your hand, on the same side, behind you and hold on to your ankle or let your leg float.
4. Keep steady.
5. Stretch your free hand high out in front.
6. Keep breathing easily.
7. Now, bring both feet down down on to the ground again.
8. Let's try that one more time.



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Boat

4

This pose will help you to work your tummy and hips. While doing this pose, your tummy muscles will slightly draw back towards your spine. If your boat rocks too much, balance and bring your feet down.

1. Sit with your knees bent upwards.
2. Draw your feet in close.
3. Take hold behind your knees and then lift your feet away from the floor.
4. Your arms can keep hold of your knees or they can stretch out towards your toes.
5. Now, draw your knees in towards you; can you stretch them out again?
6. Maybe your boat can rock a little.
7. Now, place your feet back on the floor, nice and steady.
8. Let's try that one more time.



Fish

5

This pose gives you a lovely back bend. If it feels uncomfortable at any point, make the movement smaller.

1. Lie comfortably on your back.
2. Stretch your feet away.
3. Press down with your elbows to lift your back and shoulders off the floor.
4. Keep your head rested down but look back if it feels good.
5. Keep steady with even breathing and enjoy being a fish!
6. Now, come back to lying flat on the floor.
7. Let's try that one more time.



Waves

7

This pose helps your back to bend forwards. If it feels uncomfortable at any point, make your waves smaller.

1. Stand up tall and strong.
2. Let your hands come over your head.
3. Soften your knees a little.
4. Now, sweep your hands down towards the floor like a big, soft wave.
5. Lift up a little and then back down. Move your hands like waves.
6. Now, come back to standing with your hands by your side.



Limpet

6

This pose lifts your hips higher than your heart. Your strong feet and hands must always stay on the floor. If at any point you don't like how it feels, just bring your knees back on to the floor and rest.

1. Start in all fours.
2. Push your hips back then press into your hands and feet to lift your hips up.
3. Stretch your hips up to the sky to make a pointy limpet shell.
4. Keep your head relaxed and keep breathing happily.
5. Now, come back down to all fours with your knees down on the floor.
6. Let's try that one more time.

