

Kirtan Yoga For Kids

Gopal's Fun School (GFS)

(5-8 Years)



ISKCON
CHOWPATTY

International Society For Krishna Consciousness

Founder Acharya : His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

Index

Age: 5 - 8 Yrs

Invocation Prayers

1) Standing:

- A) Palm Tree Pose (Talasana)
- B) Ekpadasana
- C) Cone Pose (Konasana)

2) Sitting:

- A) Mountain Pose (Parvatasana)
- B) Cat Pose (Manjarasana)
- C) Butterfly Pose (Bhadrasana)

3) Lying On Abdomen:

- A) Snake Pose (Bhujangasana)
- B) Locust Pose (Bhalabhasana)

4) Lying On Back:

- A) Hastapadangushtasana
- B) Leg Lock Pose (Pavan Muktasana)
- C) Supta Vakrasana

Pranayam: 1) Equal Breathing

Hare Krsna Hare Krsna Krsna Krsna Hare Hare / Hare Rama Hare Rama Rama Hare Hare

Gopal's Fun School (GFS)



Śrī Guru praṇāma

om ajñāna-timirāndhasya
jñānāñjana-śalākayā
cakṣur unmīlitaṁ yena
tasmai śrī-gurave namaḥ



Prayers to Srila Prabhupada

nama om viṣṇu-pādāya kṛṣṇa-preṣṭhāya bhū-tale
śrīmate bhaktivedānta-svāmin iti nāmine

namas te sārasvate deve gaura-vāṇī-pracāriṇe
nirviśeṣa-śūnyavādi-pāścātya-deśa-tāriṇe



Sri Caitanya
Mahaprabhu

Nityananda
Prabhu

Gadadhara
Pandit

Advaita
Acarya

Srivas
Thakur

Śrī Pañca-tattva praṇāma

śrī-kṛṣṇa-caitanya
prabhu-nityānanda
śrī-advaita gadādhara
śrīvāsādi-gaura-bhakta-vṛnda

Mahamantra

Hare Kṛṣṇa Hare Kṛṣṇa
Kṛṣṇa Kṛṣṇa Hare Hare
Hare Rāma Hare Rāma
Rāma Rāma Hare Hare

Palm Tree Pose (Talasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Stand erect, feet 12 inches apart, hands by the side of the body.
2. Keep neck and spine straight.
3. Now while inhaling for 2 seconds, raise both your arms and heels simultaneously.
4. Retain this position for 4 seconds.

Releasing the Asana:

1. After this brief standstill, return to the normal position, by rotating the arm backward and downward simultaneously lowering the heels while exhaling for 2 seconds.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. Strain of any sort on any part of the body

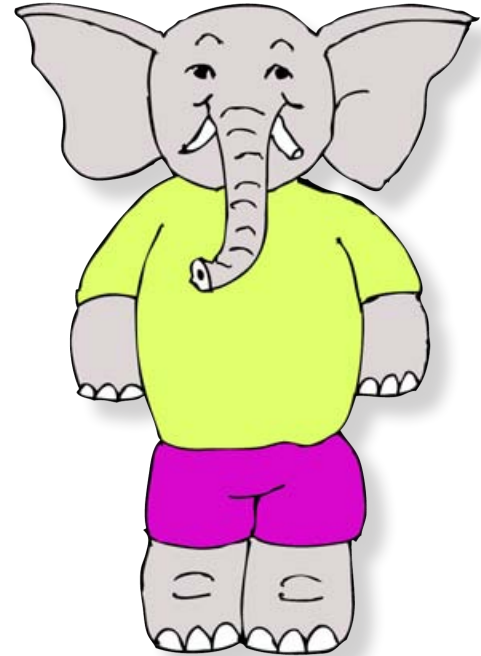
Corrections:

1. It should be avoided.

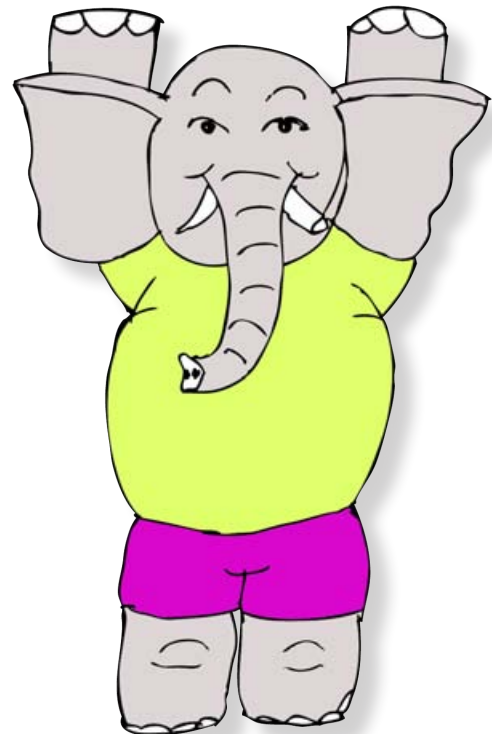
Benefits:

1. Helps increasing height to a certain age.
2. Vertically stretches the spine.
3. Teaches how to maintain a balanced state of mind.
4. Expands lungs and improves their lung capacity.

Step : 1



Step : 2



Ekpadasana

Gopal's Fun School (GFS)

The Asana Technique:

1. Stand erect with your feet together and hands alongside your body.
2. Focus eyes at a point in front of you & hands.
3. Place right foot on the liner side of the left thigh near the groin. Join hands near the chest bone.
4. Repeat with another leg.

Releasing the Asana:

1. Slowly bring down the leg in the normal standing position.
2. Release your arms and bring them by the side of your body.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. Leaning the body on one side.
2. Keeping the joined hands above the chest bone

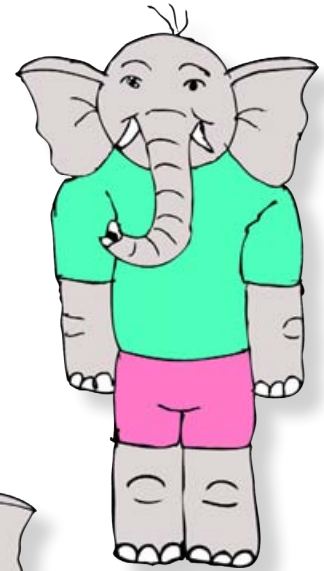
Corrections:

1. Try to maintain balance.
2. The joined hands should be exactly at the chest bone.

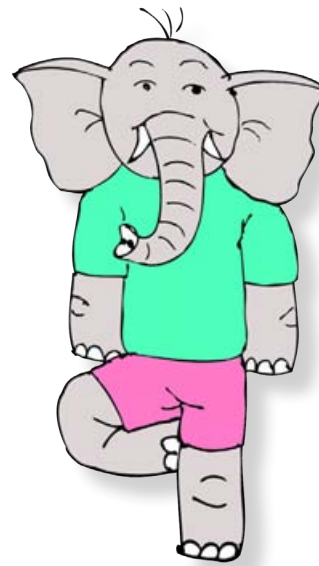
Benefits:

1. Relaxes the muscles of the leg.
2. Helps nerve control.
3. Helps concentration.
4. Teaches to maintain balance.

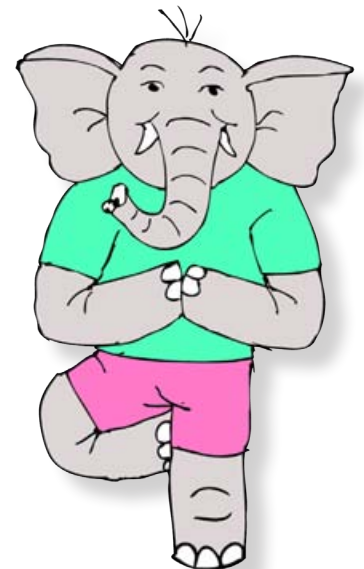
Step : 1



Step : 2



Step : 3



Cone Pose (Konasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Stand erect with the feet, 2 feet apart and parallel.
2. Raise right arm above the head touching the ear.
3. Bend sideward to left while inhaling, right arm parallel to the ground.
4. Slide left hand towards the left ankle.
5. Repeat on the other side.

Releasing the Asana:

1. Straighten your body; bring your raised arm down.
2. Slide your hand back in the standing position.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 - 4 breaths.

Common Faults :

1. Not touching the raised arm to the ear.
2. Leaning forward while bending

Corrections:

1. Raised arm should touch the ear.
2. This should be avoided.

Benefits:

1. Reduces muscular pain.
2. Maintains flexibility of waist.
3. Causes lateral stretch of the spine.

Step : 1



Step : 2



Step : 3



Mountain Pose (Parvatasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Sit cross legged on the floor. Hands should be on the side of the body.
2. While inhaling for 2 seconds, raise both the hands simultaneously upwards above the head, palms forming a namaskar position.
3. Keep the elbows straight and palms joint.
4. Keep the arms close to the respective ears. Keep entire body erect.
5. Pull the abdomen slightly inside, maintain the position while holding the breath for 4 seconds

Releasing the Asana:

1. Now while exhaling, slowly bring the arms down by the side of the body.
2. Come back to the normal sitting position.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. Raised hands are bent at the elbow
2. Tendency of upper body to lean forward
3. Not keeping the palms together when the hands are stretched up

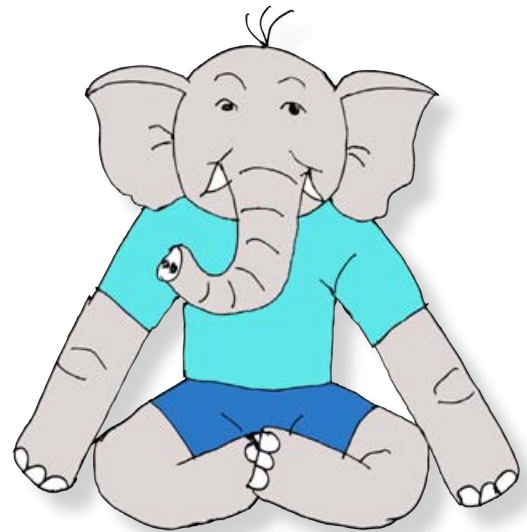
Corrections

1. Hands should not be bent at the elbow.
2. The spine should be kept straight
3. Palms should be kept together right from the root to the tip of the finger.

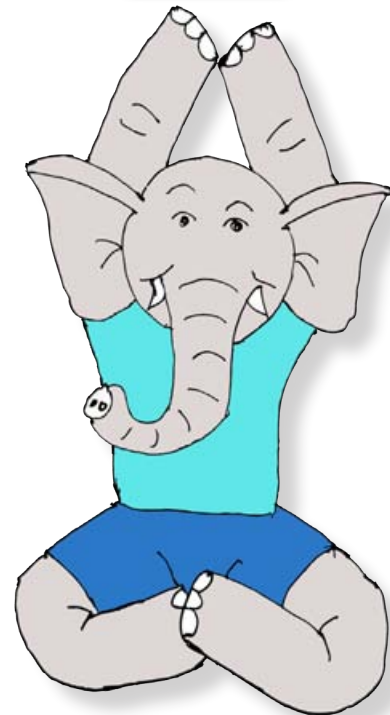
Benefits:

1. Stretches all abdomen and pelvic muscles.
2. Straightens the muscles of the back.
3. Improves the shape of the body.

Step : 1



Step : 2



Cat Pose (Manjarasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Sit on your knees and toes on the ground.
2. Keep the palms on the floor in such a way that the distance between them is about the same as that between the shoulders.
3. Keep the distance between the palms and the knees about the same as that between the shoulders and the hips.
4. The distance between the soles should be about the same as that between the knees.
5. Relax the muscles in the trunk region and let them go down under the force of gravity. At the same time, let the neck and head curve backward as far as possible.
6. Curve the back up so that it shapes like an arch. Relax the neck and hang the head down as shown in Fig.4

Releasing the Asana:

1. Keep the bottom of the toes on the ground.
2. Slowly come back to the original position of sitting with toes and knees on the ground.

Duration of Practice:

Daily practice 2 - 3 rounds of 6 – 10 breaths each.

Common Faults :

1. Using force for taking the trunk down.
2. Turning the eyes upwards while taking the head up.

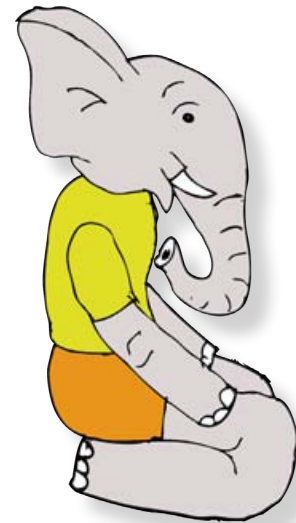
Corrections:

1. The process of the trunk sagging down should be brought down slowly.
2. Do not turn eyes upward.

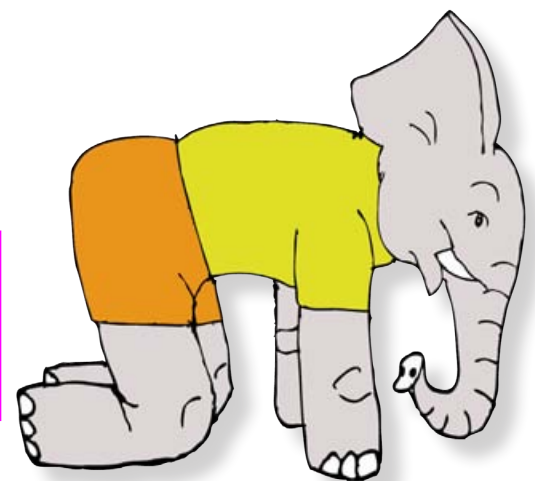
Benefits:

1. The spine becomes flexible and healthy.
2. It improves the health of the organs in the torso.
3. It relieves the backache and neck ache resulting from over work.

Step : 1



Step : 2



Butterfly Pose (Bhadrasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Sit on the floor with legs fully stretched.
2. Keeping the feet in contact with the floor, draw them near the body.
3. While inhaling 2 seconds, join the soles of feet together, the toes pointing outwards and heels touching the perineum.
4. Lock the hands over the feet.
5. Flap both your legs like the wings of a butterfly.

Releasing the Asana:

1. Release the joint soles of the feet and sit in the normal position.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. Forcing to join the soles together.
2. Flapping the legs too fast.

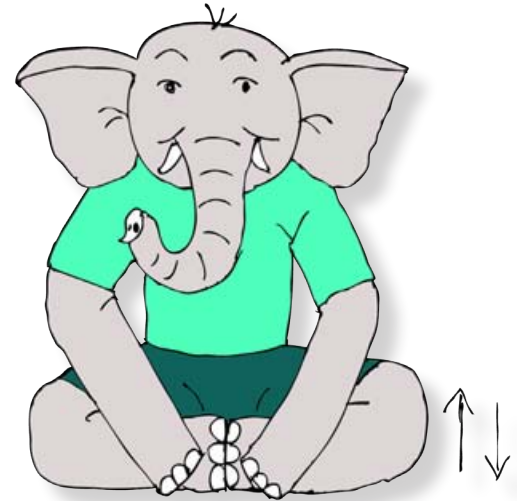
Corrections:

1. This should be consciously avoided.
2. Flapping of the legs should be in rhythm.

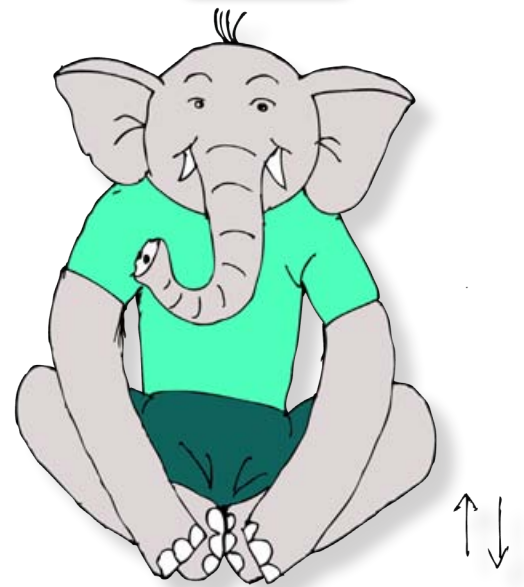
Benefits:

1. Aids in extreme stretching of the superficial and deep muscles of the inner side of the thighs and pelvis.

Step : 1



Step : 2



Snake Pose (Bhujangasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie on the stomach with legs pointing out, heels together.
2. Place palms on the floor at the side of the chest.
3. Lift head and shoulders backwards without applying pressure on the palms while inhaling for 2 seconds.
4. Retain the asana position for 4 seconds

Releasing the Asana:

1. Breathe out for 2 seconds and bring down your head and shoulders on the floor.
2. Stretch the arms full length by the side of the body as in the starting position.

Duration of Practice:

Daily practice 2 - 3 rounds of 2-4 breaths each.

Common Faults :

1. Raising the body forcibly and balancing the upper body on the hands.
2. Raising up of pupils or eyebrows while raising the head.

Corrections:

1. Avoid this as it will defeat the purpose of this asana.
2. Try to avoid this consciously.

Benefits:

1. Keeps the spine supple and flexible.
2. Feeling of confidence.
3. Stimulates appetite and eliminates constipation.

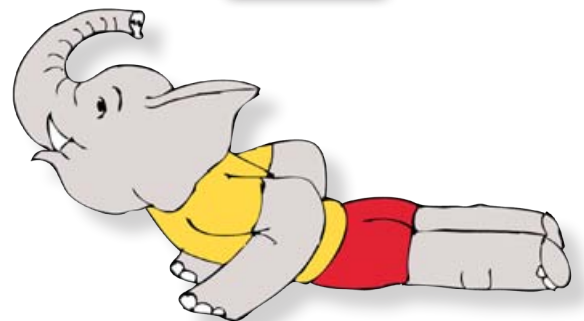
Step : 1



Step : 2



Step : 3



Locust Pose (Bhalabhasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie on your abdomen keeping arms alongside of the body.
2. Now place your arms under your thighs.
3. While exhaling for 2 seconds lift both the legs up as far as possible without bending the knees.
4. Retain in this position for 4 seconds.

Releasing the Asana:

1. Relax the muscles of the waist and thigh, inhale 2 seconds and slowly bring down both the legs on the floor.

Duration of Practice:

Daily practice 2 - 3 rounds of 2-4 breaths each.

Common Faults :

1. There is a tendency to fold the legs at the knees and over-stretching of the toes.
2. While taking the legs higher and higher the head is raised up unknowingly

Corrections:

1. Consciously check these tendencies.
2. This should be avoided.

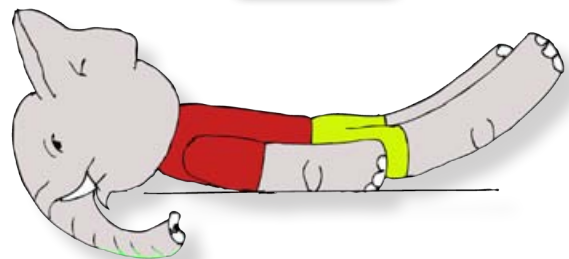
Benefits:

1. Good for lower back exercise.
2. Reduces the flabbiness of the thighs.
3. Strengthens the abdominal muscles.
4. Relieves the indigestion, feeling of heaviness after meals, gas troubles, etc

Step : 1



Step : 2



Gopal's Fun School (GFS)

The Asana Technique:

1. Lie down flat with the feet straight on the floor.
2. Exhaling, raise the right leg and right arm at right angles simultaneously
3. Now try holding the toe of the leg with your hand.
4. Repeat the same with your left leg.

Releasing the Asana:

1. Release your toe and bring down the legs to the starting position
2. Hands by the side of your body.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. Bending the knee while stretching the leg up.
2. Not maintaining a 90 degree angle.

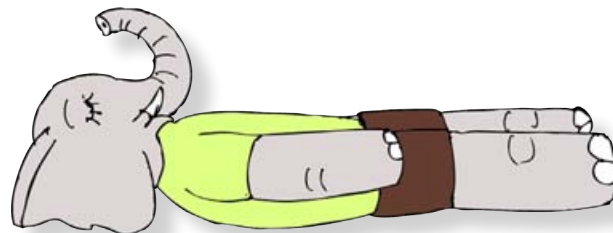
Corrections:

1. Try to stretch you leg straight.
2. Maintain the required angle.

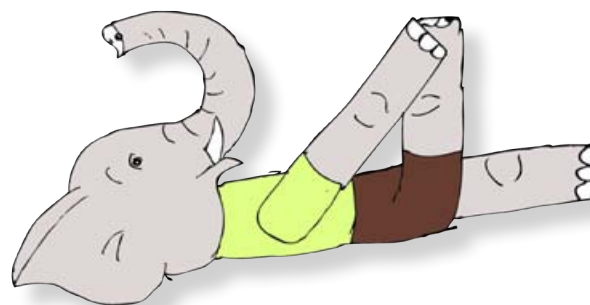
Benefits:

1. Improves the circulation in the extremities.
2. Strengthens the abdominal muscles.
3. Gently massages the internal abdominal organs.

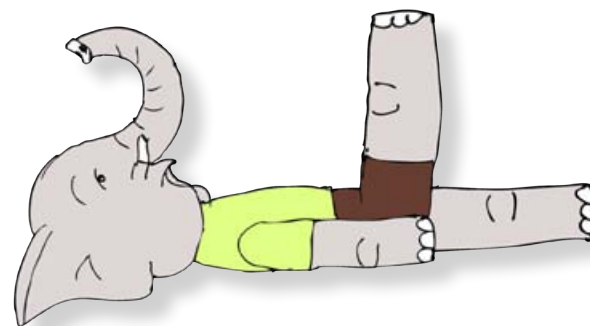
Step : 1



Step : 2



Step : 3



Leg Lock Pose (Pavan Muktasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie down on the back with the legs together and the hands by the side of the body, palms facing the floor.
2. While inhaling raise the legs slowly at about 20-30cms above the floor to make an angle.
3. Now, while exhaling fold the legs at the knees and bring the knees to the chest.
4. Clasp both the hands with fingers interlocked over both the knees, pull to a knee-chest position.

Releasing the Asana:

1. Unfold the hands and bring them to their earlier position.
2. Inhaling, straighten both the legs.
3. Exhaling, slowly bring both the legs down and place them on the floor.

Duration of Practice:

Practice 3-5 rounds maintaining the final posture for 3-10 breaths.

Common Faults :

1. Holding of breath while pressing the folded legs against the chest and taking the head up.

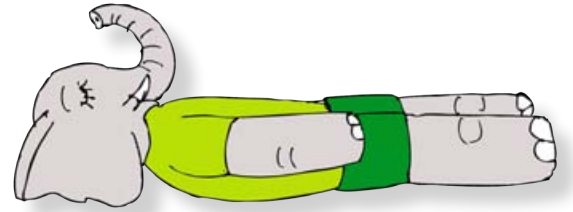
Corrections:

1. Ensure that breathing goes on in its natural rhythm.

Benefits:

1. Corrects chronic constipation, flabby abdomen and sub-normal function of the abdominal viscera and pelvic organs.
2. Energizes the digestive and excretory systems and makes them more efficient.
3. Relieves gastric troubles.

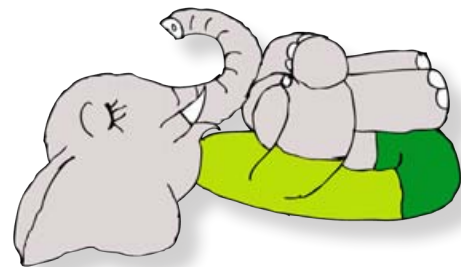
Step : 1



Step : 2



Step : 3



Supta Vakrasana

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie on the back with your legs together and the hands in 'T' position.
2. Bend your legs at the knee and keep them together next to the hips.
3. Exhale and allow the legs to gently drop to the right side, twisting the spine from the waist. Simultaneously turn the head to the left side.
4. Inhale and come in the center and repeat the same on the left side.

Releasing the Asana:

1. Come in the center, unbend the folded knees, stretch your legs.
2. Bring the arms back by the side of your body.

Duration of Practice:

Daily practice 2 - 3 rounds of 2 – 4 breaths.

Common Faults :

1. There is a tendency to use force while twisting.

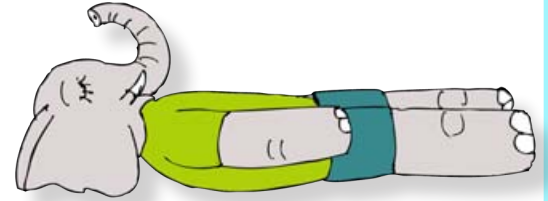
Corrections:

1. Perform the posture only within your capacity.

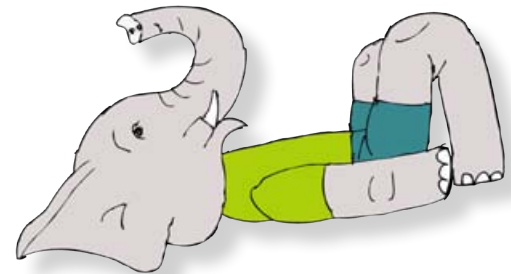
Benefits:

1. Flexibility of the neck and the pelvic region increases.
2. Reduces the flabbiness of the waist.
3. Releases stress from the shoulder and neck region.
4. Tones the abdominal organs.

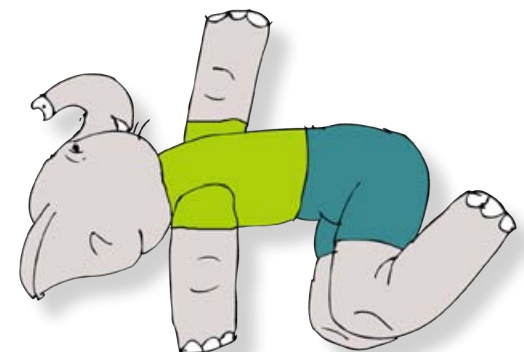
Step : 1



Step : 2



Step : 3





Prasadam Prayers



mahā-prasāde govinde nāma-brahmaṇi vaiṣṇave
svalpa-puṇya-vatām rājan viśvāso naiva jāyate
śarīra avidyā-jāl, joḍendriya tāhe kāl,
jīve phele viṣaya-sāgore
tā'ra madhye jihvā ati, lobhamoy sudurmati,
tā'ke jetā kaṭhina saṁsāre
kṛṣṇa baḍo doyāmay, karibāre jihvā jay,
sva-prasād-anna dila bhāi
sei annāmṛta pāo, rādhā-kṛṣṇa-guṇa gāo,
preme ḍāko caitanya-nitāi



O king, for those with little pious credit, faith in mahā-prasāda, Śrī Govinda, the holy name, and the Vaiṣṇavas never arises.

O Lord, this material body is a place of ignorance, and the senses are a network of paths leading to death. Somehow we have fallen into this ocean of material sense enjoyment, and of all the senses the tongue is the most voracious and uncontrollable. It is very difficult to conquer the tongue in this world. But You, dear Kṛṣṇa, are very kind to us and have given us such nice prasādam just to control the tongue. Now we take this prasādam to our full satisfaction and glorify You-Śrī Śrī Rādhā and Kṛṣṇa- and in love call for the help of Lord Caitanya and Nityānanda.