

Kirtan Yoga For Kids

Gopal's Fun School (GFS)

(8-11 Years)



ISKCON
CHOWPATTY

International Society For Krishna Consciousness

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

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Age : 8- 11 yrs

Invocation Prayers

1) Standing:

- a) Tree pose (Vrukshasana)
- b) Utkatasana
- c) Eagle pose (Garudasana)

2) Sitting:

- a) Mountain pose (Parvatasana)
- b) Posterior Stretch pose (Paschimotasana)
- c) Cow head pose (Gaumukhasana)

3) Lying on abdomen:

- a) Rocking horse pose (Dhanurasana)
- b) Boat pose (Naukasana)
- c) Crocodile pose (Makarasana)

4) Lying on back:

- a) Fish pose (Matsyasana)
- b) Bridge pose (Setubandhanasana)

Pranayam: 1) Equal breathing

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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

Tree Pose (Vrukshasana)

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The Asana Technique:

1. Stand erect with feet together and arms by the side of your body.
2. Focus eyes at one point in front of you and concentrate.
3. Now lift your right foot and place it on the inner side of the left thigh near the groin.
4. Join your hands as in a namaskar position close to your chest.
5. Raise your joined hands above your head. And retain the posture for as long as you can.
6. Repeat the same with the left leg.

Releasing the Asana:

1. Bring your hands down and place them by the side of your body.
2. Release your leg to the normal standing position.

Duration of Practice:

Daily practice 2 - 3 rounds of 10 seconds for each leg.

Common Faults :

1. Leaning your body to one side.
2. Not joining your hands properly.

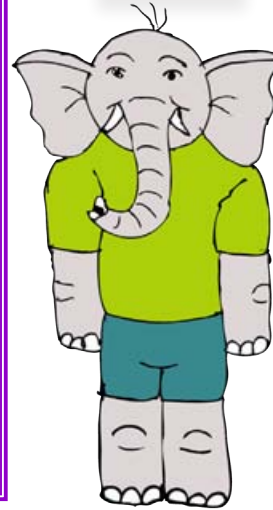
Corrections:

1. Try to balance your body and keep it straight.
2. Join your hands properly.

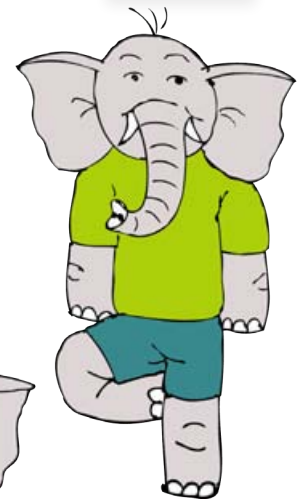
Benefits:

1. It relaxes the leg muscles.
2. Teaches to maintain balance.
3. Helps concentration.

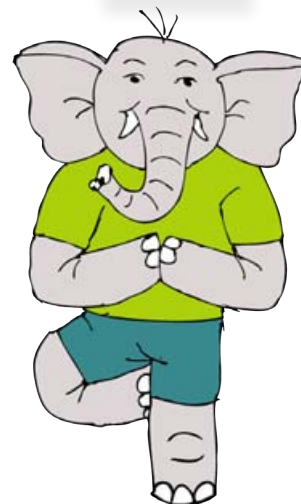
Step : 1



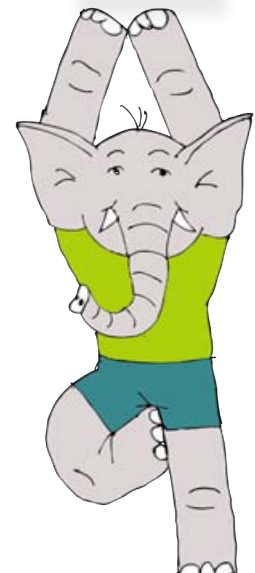
Step : 2



Step : 3



Step : 4



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The Asana Technique:

1. Stand erect, feet 12 inches apart and arms by the side of the body.
2. Inhale for 2 seconds and raise your body on your toes. Bring both the arms forward in line with shoulders, palm facing downwards.
3. Exhale for 2 seconds sitting down on your toes.
4. Retain this position for 4 seconds.

Releasing the Asana:

1. Inhale for 2 seconds and stand again on your toes.
2. Return arms and heels simultaneously to the normal position while exhaling.

Duration of Practice:

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

Common Faults :

1. Not raising your heels while raising your hands.
2. Sitting on your feet completely while going down.

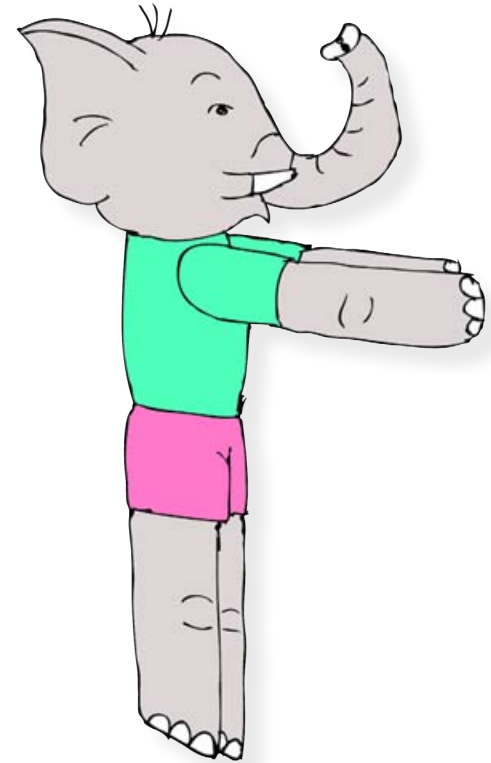
Corrections:

1. Hands and heels should be raised simultaneously.
2. Sit on your toes and maintain balance.

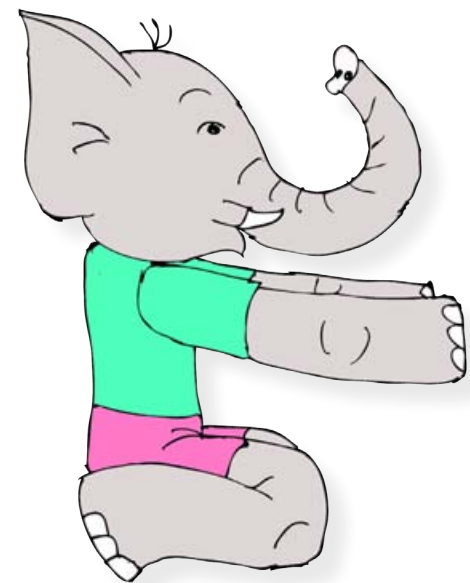
Benefits:

1. Exercises muscles of legs.
2. Strengthens abdominal and pelvic muscles.
3. Stimulates venous circulation and up flow of blood back to the heart.
4. Improves muscular co-ordination and balance.

Step : 1



Step : 2



Eagle Pose (Garudasana)

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The Asana Technique:

1. Stand erect.
2. Stretch your arm in front of you and twist by twining one arm around the other.
3. Now twist the hand also from the wrist and join the palms against each other.
4. Lift one leg and twist it near the hip joint and the knee and twine it around the other leg.
5. Then with the toe of the twisted leg lock the ankle of the other leg and hold it.

Releasing the Asana:

1. Remove the twist of the leg and bring it in the standing position.
2. Remove the twist of the wrist and arms.

Duration of Practice:

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

Common Faults :

1. Twist of the hand and leg are done forcibly.
2. Bending your back while twisting

Corrections:

1. Twist safely as possible, do not strain yourself.
2. Keep your back straight

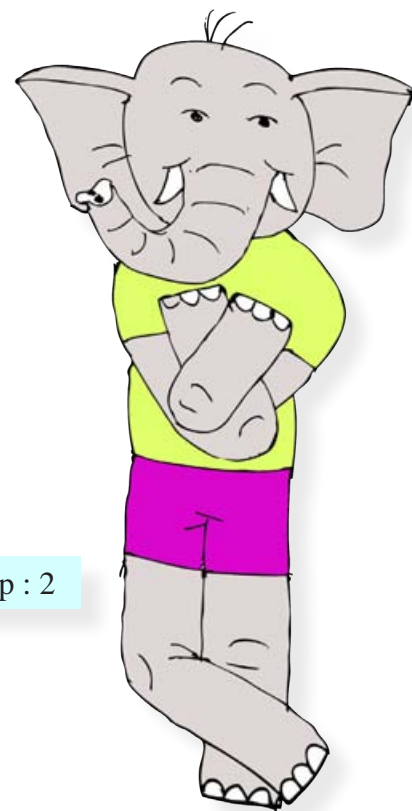
Benefits:

1. It helps in loosening the joints by flexing and stretching muscles of legs and hands.
2. Pelvis tilts on the side of the leg is benefited.

Step : 1



Step : 2



Mountain Pose (Parvatasana)

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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 6 – 10 breaths each.

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.

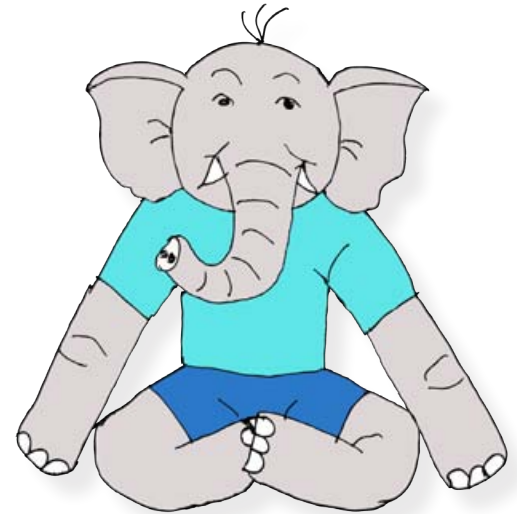
Corrections:

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.

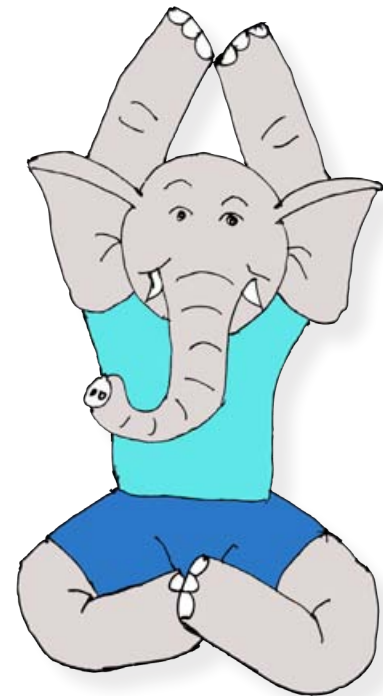
Benefits:

1. 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



Posterior Stretch Pose (Paschimotasana)

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The Asana Technique:

1. Sit on the floor, fully stretching the legs and keeping them firmly against the floor.
2. While inhaling for 3 seconds, raise your arms above the head.
3. While exhaling, bend forward and reach out with the fingers to touch the toes.
4. Try to touch your head to the knees while bending.
5. Maintain this pose for 4 seconds without raising knees or legs.

Releasing the Asana:

1. Inhale and withdraw hands and bring them back to the side of the body.
2. Bring up your head and sit in the normal position.

Duration of Practice:

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

Common Faults :

1. Bending the legs at knees.
2. Making the forehead touch the knee by jerky movements.

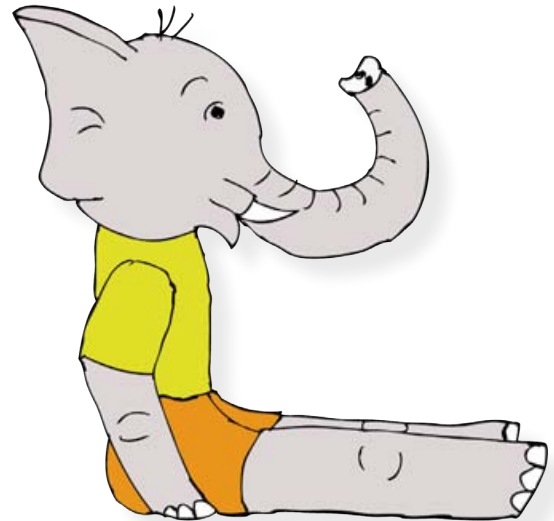
Corrections:

1. Keep the legs straight at knees.
2. Avoid using the force.

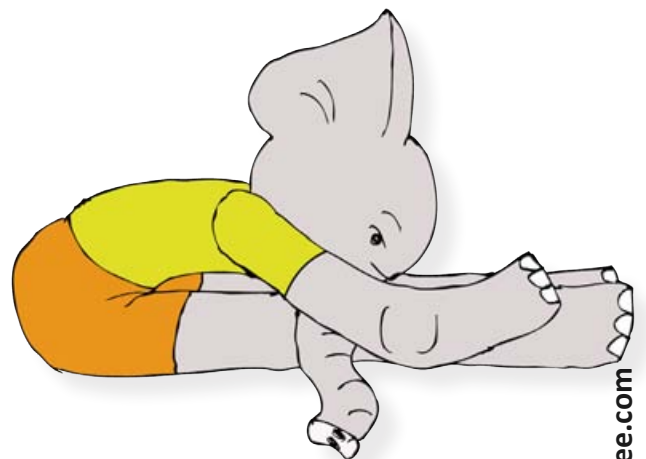
Benefits:

1. Relieves constipation.
2. Stiff spine regains its normal elasticity.
3. Corrects deformity of curvature of spine.
4. Enhances feeling of humility.

Step : 1



Step : 2



Cow Head Pose (Gaumukhasana)

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The Asana Technique:

1. Sit on the floor with legs stretched out in front.
2. Bend left leg, so that the heel touches the right hip. Then bend right leg so that the heel touches the left hip.
3. The right knee should be above the left knee and feet should face outwards on either side
4. Keep the spine, the head and neck in straight line with the spine.
5. Raise your right arm above your head and bend it backwards, fingers curved.
6. Bend your left arm, waist upward behind the back, fingers curved.
7. Clasp both hands by locking the finger.
8. Repeat the 5th, 6th & 7th technique with the other arm and leg.

Releasing the Asana:

1. Release the grip of both the hands and bring hands by the side of your body.
2. Release your leg and sit in a normal position.

Duration of Practice:

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

Common Faults :

1. Forcibly trying to clasp the hands.
2. Bringing the head forward while clasping.

Corrections:

1. Try as per your comfort..
2. Keep head and neck erect.

Benefits:

1. Brings flexibility in extremities.
2. Keeps spine erect.
3. Improves shoulder position.

Step :1



Step : 2



Rocking Horse Pose (Dhanurasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie on the stomach, bend knees and grasp ankles from back.
2. Inhale for 2 seconds and raise neck, while pulling ankles from back.
3. Retain breath and pose for 4 seconds.

Releasing the Asana:

1. Release the grip on the ankles and slowly bring the legs down
2. Rest your head and shoulder 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 hands at the elbow.
2. Using force and jerky movements for attaining the final stage.

Corrections:

1. Keep the hand straight throughout and let the legs pull them backward.
2. Go smoothly and follow the correct technique of the asana.

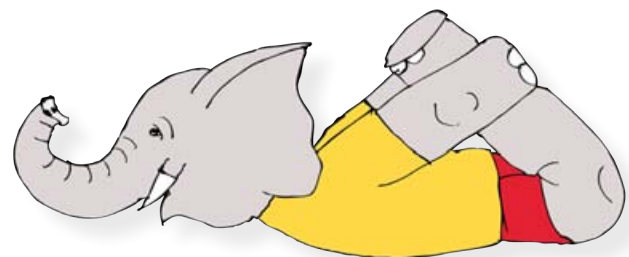
Benefits:

1. Relaxes the spinal muscles.
2. Good supply of blood to abdominal and lower abdominal position.
3. Respiratory system improves.

Step :1



Step :2



Step :3



Boat Pose (Naukasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie on your abdomen on the floor; keep your hands on the side of the body.
2. Join the toes, heels and knees.
3. Rest the forehead on the floor.
4. Straighten the arms above your head, palms facing down.
5. Now the upper portion of the body and lower portion of the body will rise simultaneously.

Releasing the Asana:

1. The upper portion and the lower portion of the body will come down slowly to the floor level.
2. Place the forehead on the floor and bring the arms back by the side of the body.

Duration of Practice:

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

Common Faults :

1. Holding the breath, frowning and jerky movements.
2. The toes are stretched outwards excessively while raising the legs.

Corrections:

1. Consciously avoid this.
2. You may get a catch in the calf muscles, so avoid this.

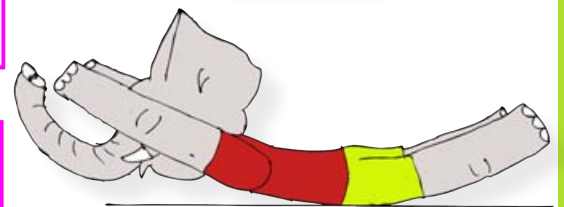
Benefits:

1. Health of the abdominal region improves.
2. The muscles of the waist, back and neck is strengthened.
3. Helps maintain the posterior in proper shape.
4. Improves health and strength of spinal column.

Step :1



Step :2



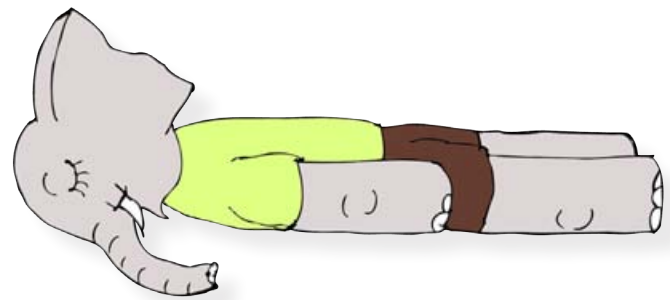
Crocodile Pose (Makarasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie down on the abdomen.
2. Front of the body touches down.
3. Legs stretched fully with some distance between them.
4. Arms are folded with head resting on them.
5. Close your eyes.
6. Gravity of the body weight on the floor.
7. Relax totally and remain motionless.

Step :1



Releasing the Asana:

1. Bring arms by the side of your body.

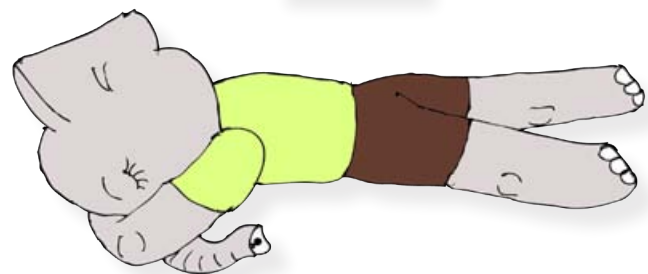
Duration of Practice:

Remain in this position for 5 minutes.

Benefits:

1. Gives relaxation.
2. Mind and body becomes fresh.
3. Removes strain, fatigue and mental stress.

Step :2



Fish Pose (Matsyasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie down on your back, bend one sole of foot above the thigh.
2. Fold another leg into Padmasan.
3. Lie flat on your back, foot locked intact.
4. Raise the torso in such a way that the head is tilted back and placed on the floor. The neck arches backward and the head is firmly pressed on the floor.
5. Hook with the index finger the opposite toes from above the body, let elbows touch the ground.

Releasing the Asana:

1. Release the hook of the index finger and place your arms by the side of your body.
2. Taking your body weight on your fore arms and elbow lift the head, straighten the neck and head back to the floor.
3. Release the Padmasan.

Duration of Practice:

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

Common Faults :

1. Head rubbing against the floor in the final stage.

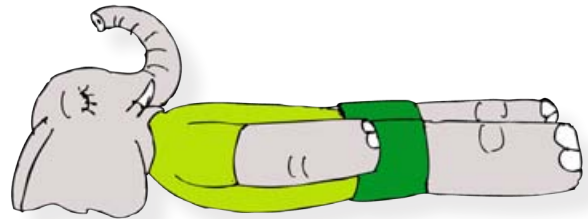
Corrections:

1. Head should not rub against the floor.

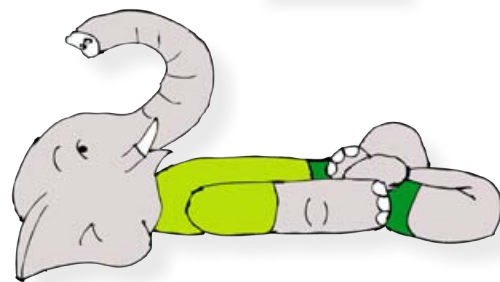
Benefits:

1. It stimulates the glands situated in the neck region.
2. Muscles of the neck and back are strengthened.
3. It prevents neck ache and cervical spondilitis.

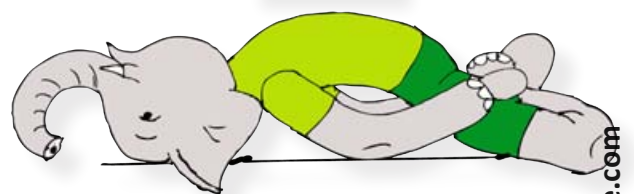
Step :1



Step :2



Step :3



Bridge Pose (Setubandhanasana)

Gopal's Fun School (GFS)

The Asana Technique:

1. Lie down on your back on the floor with legs at hip distances apart and arms by the side of your body with palm facing the floor.
2. Pull up your knees, keeping the feet flat and place them close to the hips.
3. Inhale and slowly push into the floor, raising the hip, resting the weight on shoulders and arching back upwards.
4. Retain this posture for 2 – 3 breaths.

Releasing the Asana:

1. Slowly come down while exhaling.
2. Stretch your legs straight.

Duration of Practice:

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

Common Faults :

1. Moving your legs while raising your body.
2. Using too much of force while raising the body.

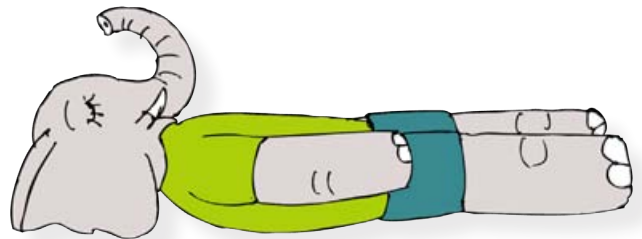
Corrections:

1. Legs should not move, keep them fixed.
2. Body should be lifted smoothly and slowly.

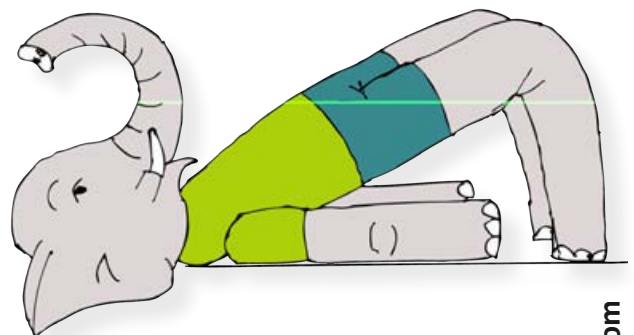
Benefits:

1. Flexibility of the spine increases and massages the internal organs.
2. Opens the chest and improves blood circulation.
3. Excellent for muscles of hip, thighs and calves.

Step :1



Step :2





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.