

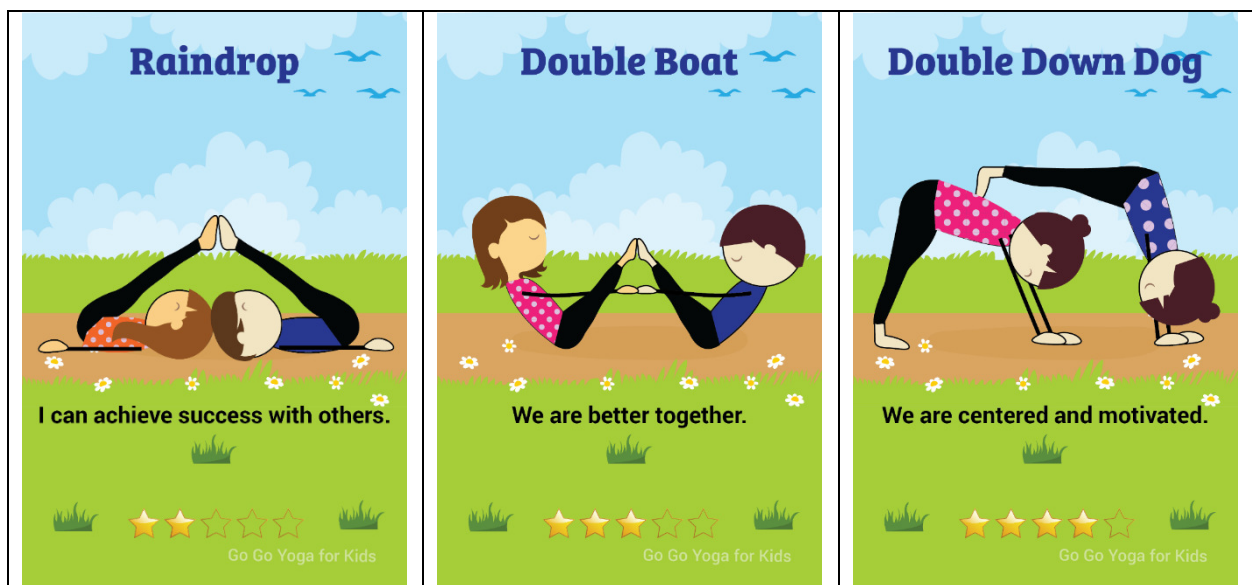
## Partner Yoga Poses

Kids love yoga partner poses! They are fun to do, look impressive when mastered and build trust and community with one another. These partner poses can be done at home, school, camp, yoga class or anywhere you have kids ready to try something new and have fun.

**Raindrop:** Each partner lies on their back with their heads touching. With their arms at their sides, they raise their feet above their heads to touch to form a giant raindrop.

**Double Boat:** Have each partner sit facing one another with their knees bent and toes touching. While holding hands they lift their legs. To help with balance, the bottoms of their feet should be touching. Then the partners if able, straighten their legs and lean back slightly as if in a “V” shape.

**Double Down Dog:** One partner goes into Down Dog. The front partner places one foot on their partners lower back and slowly brings their other foot up to meet it. Partners can switch positions if comfortable.



For more partner and individual yoga poses, see our Kids Yoga Challenge Pose Cards available on Amazon and at [gogoyogakids.com/store](http://gogoyogakids.com/store).

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