

Move More does Yoga

Why Yoga?

- ☺ Builds concentration levels
- ☺ Creates balance between mind and body
- ☺ Develops discipline and self-control
- ☺ Increases coordination and balance
- ☺ Improves strength and flexibility

Types of yoga positions to try at home.

The
Bridge

The
Tree

The
Warrior

The
Cobra

The
Bow

The
Cat

The
Lion

Challenge 1

Can you hold a yoga position for 20 seconds?

Challenge 3

Can you teach an adult or a sibling?

Challenge 2

Can you make a routine using at least 3 yoga positions?



Begin by standing on two feet with hands by your side.
Stand on strongest foot and place weaker foot on the inside of your stronger leg.
Stretch your arms above your head and place hands together.
Try and hold the position for at least 20 seconds.

TIP: Stare at something still on the wall to help balance.



The Tree



Lie on your back
Bend your knees and keep your feet flat on the floor.
Place arms next to your body with palms facing downwards.
Take a deep breath and lift your lower, middle and upper back off the floor.
Balance the body with arms, shoulders and feet supporting your body weight.

Tip: Keep knees and ankles in a straight line

Tip: Keep core tight

Tip: Remember to inhale and exhale



The Bridge



Lie face down with your feet flat on the floor and the palms of your hand on either side of your body.
Use your hands to push the shoulders back making an arch in your back.

Tip Keep your chin up!



The Cobra

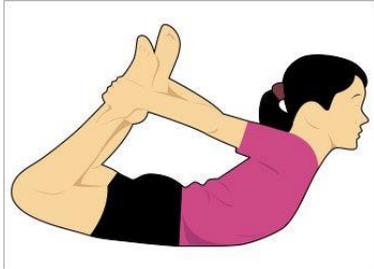


Step your feet wide apart and stretch your arms out to either side, palms facing down.
Turn one foot, so it is pointing to the side, then bend your knee on that leg.
Look beyond your fingertips for a couple of breaths.
Straighten your front leg, then turn your toes back to facing forward.

Tip: Try switching sides.



The Warrior



Lie flat on your stomach keeping your arms by the side of your body
As you inhale, bend your knees bringing your feet towards your hips
Grab your ankles using both your hands
Lift your shoulders, torso, legs and hips off the floor whilst staring forwards.
Hold the pose for 4-5 breaths then lower the knees and release the feet.

Tip: Rest on your stomach



The Bow



Take a table top position using your hands and knees
Your knees should be directly below your hips.
Your wrists, elbows and shoulders should be locked
Centre the head in a neutral position and your eyes focused on the floor
Whilst you breathe in, arch your spine to the ceiling
Release your head towards the floor without forcing your chin towards your chest

Tip: When breathing out, slowly return to the table top position



The Cat



Sit with your bottom on your heels
Rest the palms of your hands on your knees
As you inhale from your nose, stick your tongue out.
Tip: Keep your eyes wide open
Exhale through your mouth and make a ROAR like a lion



The Lion