

YOGA AND MINDFULNESS

- Yoga poses help us be “in” our body. They help us notice what we are feeling and sensing
- That is a form of concentration
- It’s also a way of “being in the moment” (aka: mindfulness)
- When you really stay in your body—feeling your arms, your legs, your back and your hands and feet—the mind can calm down as it has a “home” to go into. That home is... YOUR BODY 😊

Here are some poses to try. Taste the pose as if you are tasting a new food or drink: what “flavour” does the pose have in your body?

Tadasana: Mountain Pose

- ⇒ Stand steady, straight and tall like a mountain. Arms and legs straight.
- ⇒ Balance evenly on your two feet.
- ⇒ If you close your eyes, can you feel that you are subtly moving, even when standing on two steady legs? We humans sway a little bit, like gum trees in the breeze.



Vrksasana: Tree Pose

- ⇒ Are you ready for a challenge? Can you balance now on ONE leg instead of two?!!
- ⇒ If you close your eyes, does the pose get *easier*, or *harder*?
- ⇒ If balancing is very difficult, try the pose again, but with your eyes open, facing a wall and watching the wall to keep your eyes steady. When our eyes are calm and still, we can balance more easily.



Vrksasana

Virabhradrasana II: Warrior 2 Pose

- ⇒ Bent front leg and straight back leg. Extend your arms.
- ⇒ Look far beyond your front hand. Have a steady determined gaze, like you are a powerful warrior and no one can stop you!
- ⇒ Look intently, like you can even see through walls, through obstacles, and far into the distance!!



Utakatasana: Fierce Pose

- ⇒ Stand tall. Now lift your arms straight up to the sky, and bend your knees deeply like you want to sit on an invisible chair.
- ⇒ Go deep! Don't give up! Make sure to keep breathing!!
- ⇒ Sit down so much that your thighs are parallel to the ground! (Are your legs burning?? No problem!! You can DO HARD THINGS!)



Urdhva Mukha Svanasana: Upward Facing Dog Pose

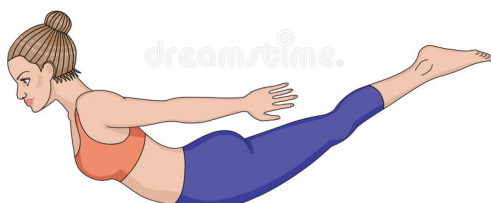
- ⇒ Start lying down, facing the ground and press the floor away to straighten your arms.
- ⇒ Puff your chest! Shoulders away from ears!
- ⇒ Firm, strong legs, toes on the ground and kneecaps straight.
- ⇒ Curve your back to make your chest high and full!



Salabasana: Locust Pose

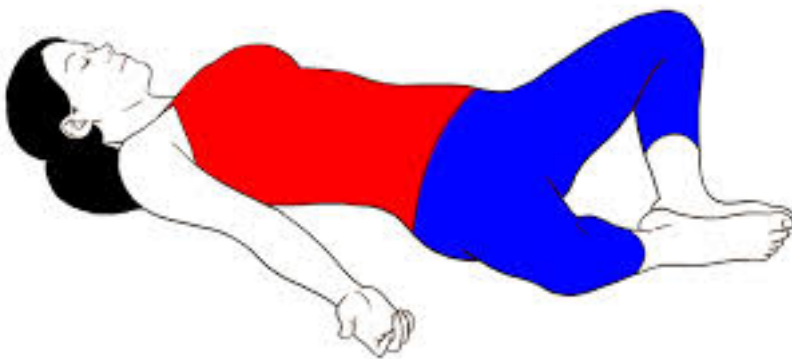
- ⇒ Lie on your front. Reach your arms and legs so much backwards that your body starts to lift off the floor.
- ⇒ Only your hips and tummy stay on the ground: everything else lifts OFF the ground.
- ⇒ You are FLYING!!

Salabhasana



Supta Baddha Konasana: Reclined Bound Angle Pose

- ⇒ Lie down on your back and grab your ankles. Clap the soles of your feet together, and let your knees go wide like butterfly wings.
- ⇒ Put your little toe edges of the feet on the earth & keep holding your ankles. Edges of the feet are on the floor.
- ⇒ Tuck your shoulders underneath you to puff your chest. Make lots of space for your breath inside the ribs.
- ⇒ If kids cannot hold their ankles in this pose (if too squeeze!), then they can rest their arms like this picture:



Viparita Karani: Legs up the Wall

- ⇒ Lie on your back and swing your legs up the wall.
- ⇒ Let your eyes close and your hands rest on your tummy.
- ⇒ Let your legs take a break, your back take a break and your brain take a break. (If your eyes are open, try to look at three different things on the ceiling at once. Watch all three things equally.)
- ⇒ Count to ten, silently, watching each in-breath and each out-breath. Each breath is like a rollercoaster: it goes uppppppppp, and then it gently rolls downnnnnnn. Count ten of these and get your mind to “ride” the breath like a magic carpet ride.

