

Yoga Poses

How does it help students?

- Allows students to work on balance, concentration and body awareness

What will we need?

- Nothing

How do we do it?

- Tree Pose:
 - Stand on one leg and bring the other foot to that leg (above or below the knee), let the knee of that foot turn to the side.
 - Ex: Stand on left foot, bring right foot to the left leg and let the right knee point out to the right side
 - Hands come to heart
 - When you feel stable, reach the arms up to the ceiling
 - Gaze down for more stability and keep focused on one spot. The more you look around, the more unstable you feel.
 - Want to play with how important our gaze is in balance? Close your eyes
 - Hold for 5-10 breaths on each side
- Warrior Pose:
 - Start with the right foot forward and step the left foot back. Right set of toes are forward and the left toes are turned to the left side. Heel of right foot in line with the arch of left foot.
 - Keep your body facing the left side of the room
 - Open arms up to a “T” (Strong, warrior arms)
 - Gaze over the right hand.
 - Hold for 5-10 big breaths in/out then change sides
- Chair Pose:
 - Bring feet together or keep them slightly separated (no wider than hips)
 - Bend the knees and sit in an imaginary chair
 - Make sure knees do not go in front of toes
 - Bring hands up over head or to heart center
 - Hold for 5-10 big breaths in/out