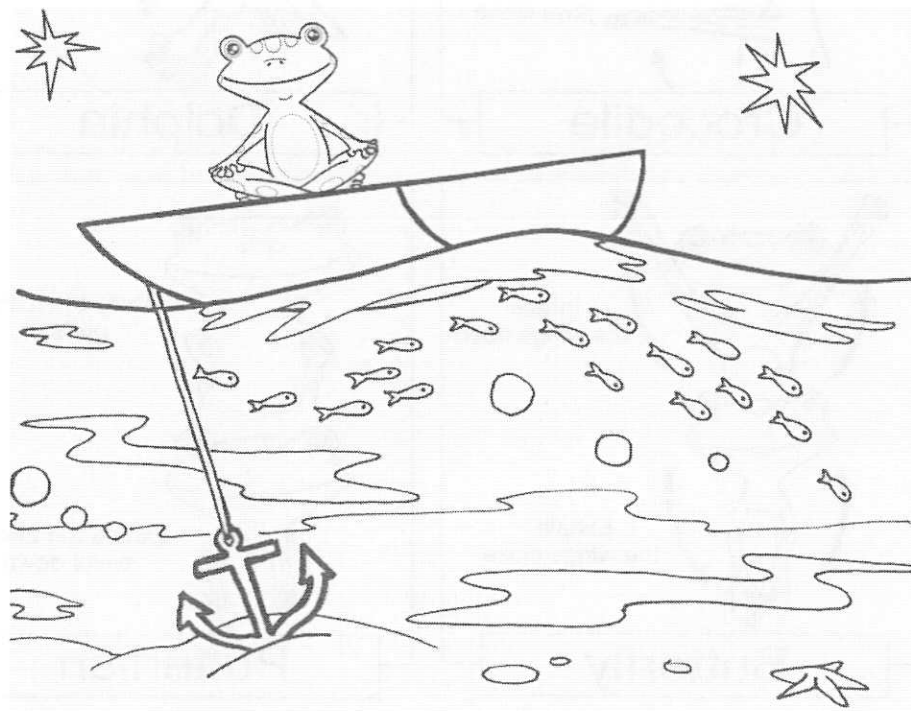


## Anchor Breathing

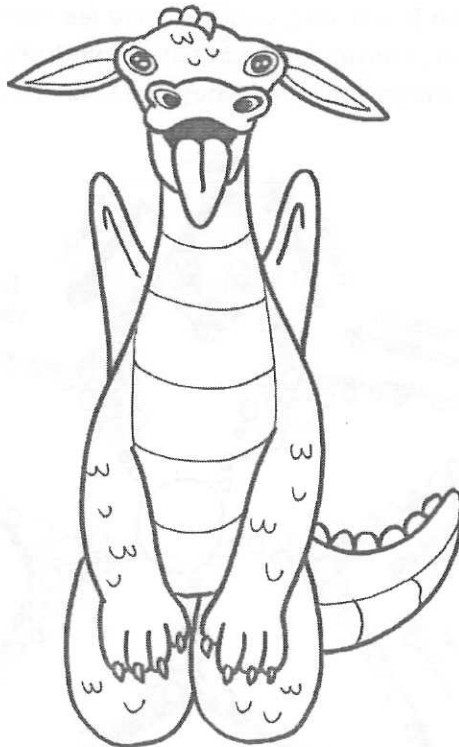
1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest or your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?



## Lion Breath

1. Sit on your knees, or in a chair, tall and confident like a lion.
2. Place your hands (or paws) on your knees.
3. Take a deep breath in, filling your lungs with air.
4. With a strong exhale, stick out your tongue as far as you can and make an 'ahh' sound.
5. Repeat 3-4 times and try to make your last 'roar' silent.

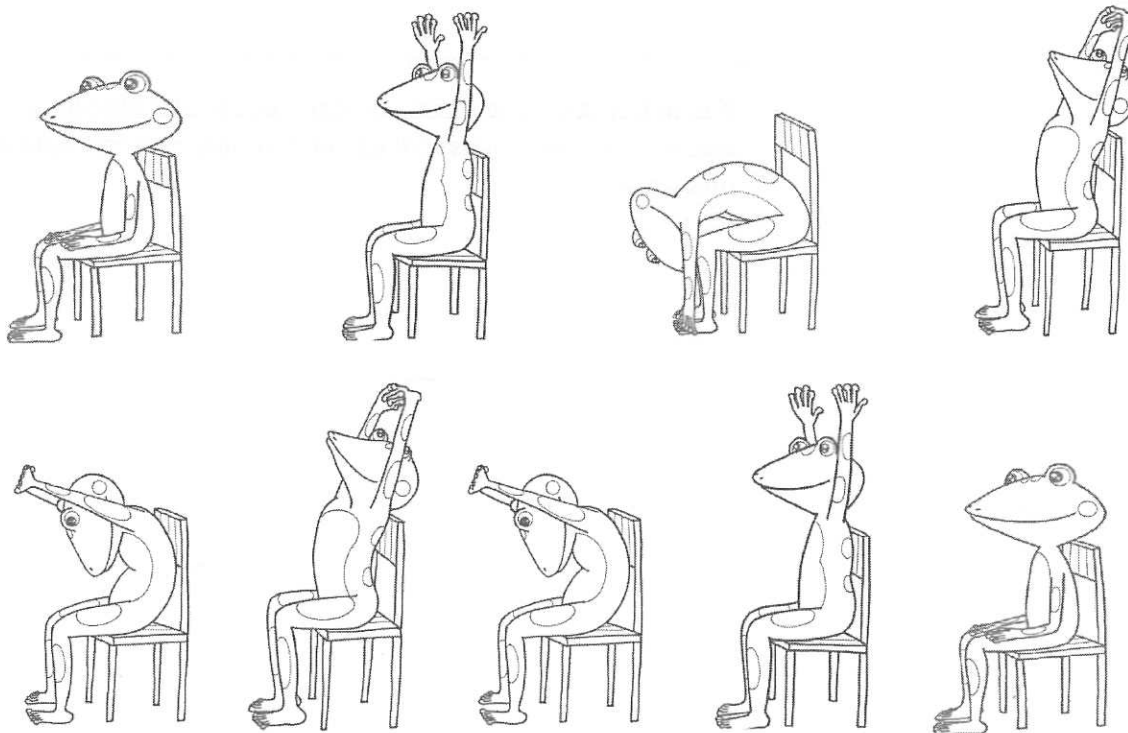
- 
- Use this sequence in the afternoon/midday to release tension.



## Chair Opening A

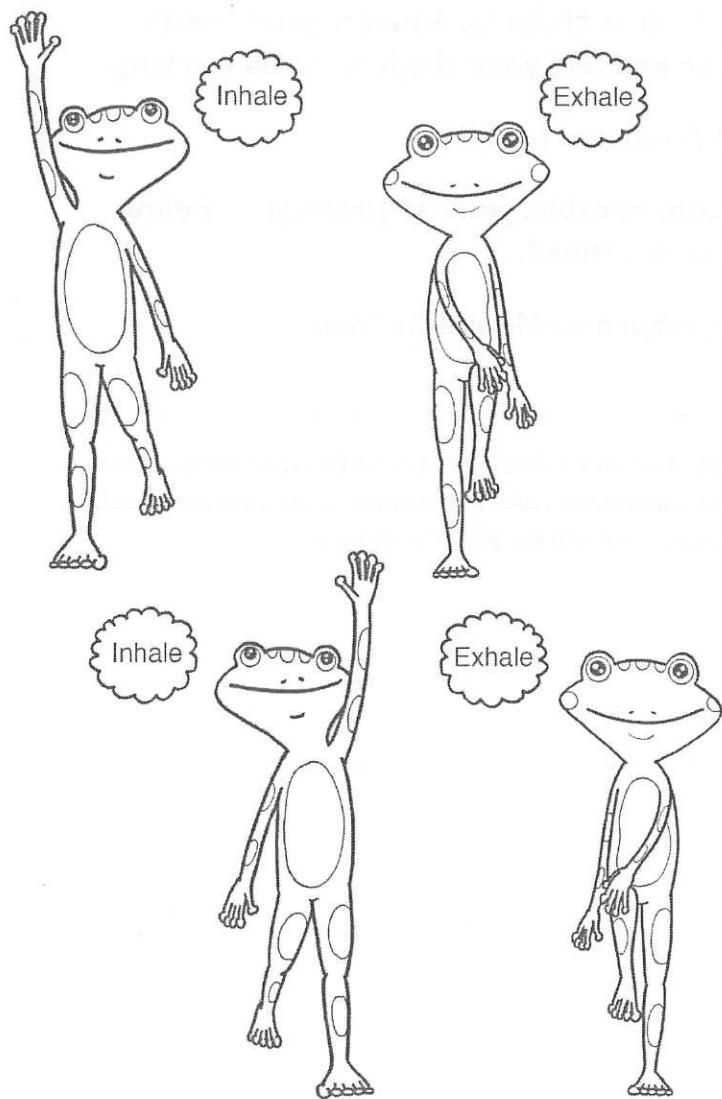
1. Begin in Seated Mountain with your feet flat on the floor.
2. Inhale, raise your arms overhead and look up at your hands.
3. Exhale, and fold your body over your legs.
4. Inhale, arch your back and look up.
5. Exhale, round your back and look towards your navel.
6. Inhale, arch your back once more and look up.
7. Exhale, round your back and again look towards your navel.
8. Inhale, raise your arms over head and look at your hands.
9. Exhale and return to Seated Mountain.

- 
- Use this sequence to re-energize learners first thing in the morning or after lunch.



## Brain Balance Sequence

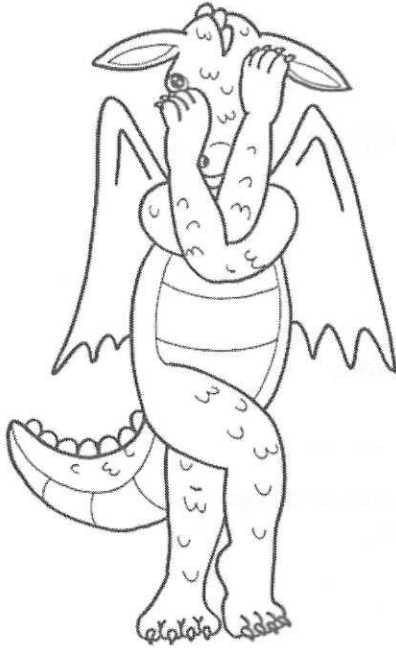
1. Inhale, take the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind placing only your toes on the floor.
4. Exhale and again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.



# Move: Standing Exercises



## Eagle

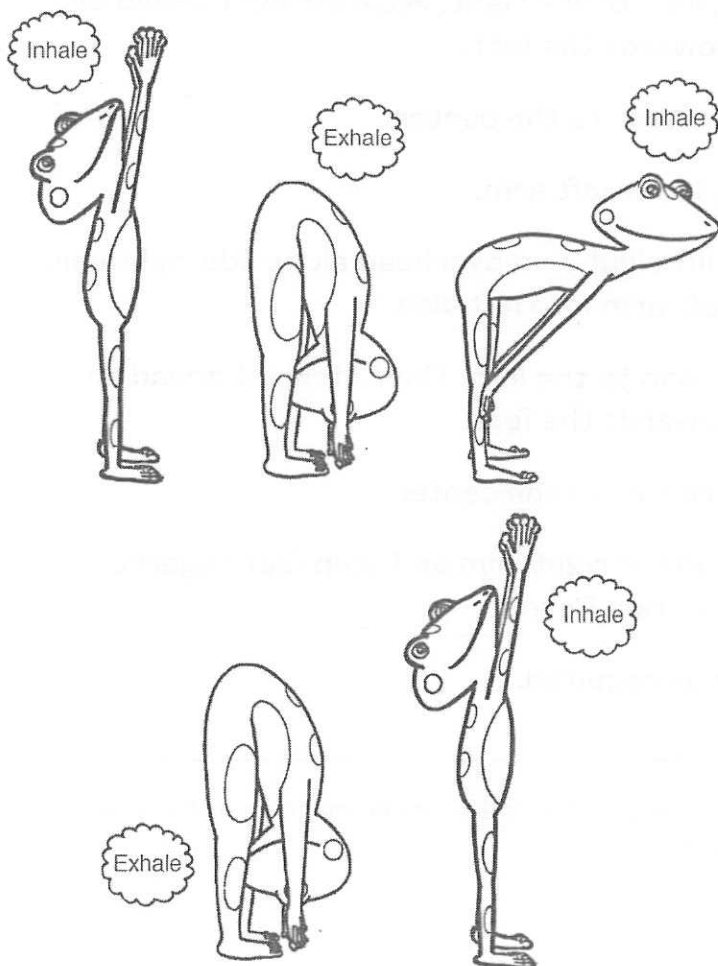


1. From Mountain Pose, step feet apart and bend knees slightly.
2. Start to shift weight to left leg.
3. Inhale: Keeping knees bent, cross right thigh over left, and let right toes touch the floor on the outside of the left foot.
4. Wrap left arm on top of the right arm. Bend elbows, press backs of hands together.
5. If you are steady, lift right foot off of the ground. If it is comfortable, tuck right foot behind left calf.
6. See if you can touch palms together. Lift elbows and fingers upward.
7. Look at an unmoving point and balance for 5 breaths.
8. Exhale: Unwind into Mountain.
9. Repeat on left side.

- 
- The focus is on keeping steady and being balanced in the pose. Have learners stop anywhere along the way if they start to wobble or feel discomfort. Remind learners to keep their focus on their breathing, and to back out a little bit if they are holding their breath, or the breath becomes too fast or too shallow.

## Recharge Sequence

1. Begin standing in Mountain with feet slightly apart, hands at your sides.
2. Inhale, take your arms overhead and look up.
3. Exhale and fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet or the floor.
4. Inhale, place hands on shins, straighten legs and look up.
5. Exhale and fold over the legs once more.
6. Inhale, come all the way up to standing, arms overhead and look up.
7. Exhale, return to Mountain.



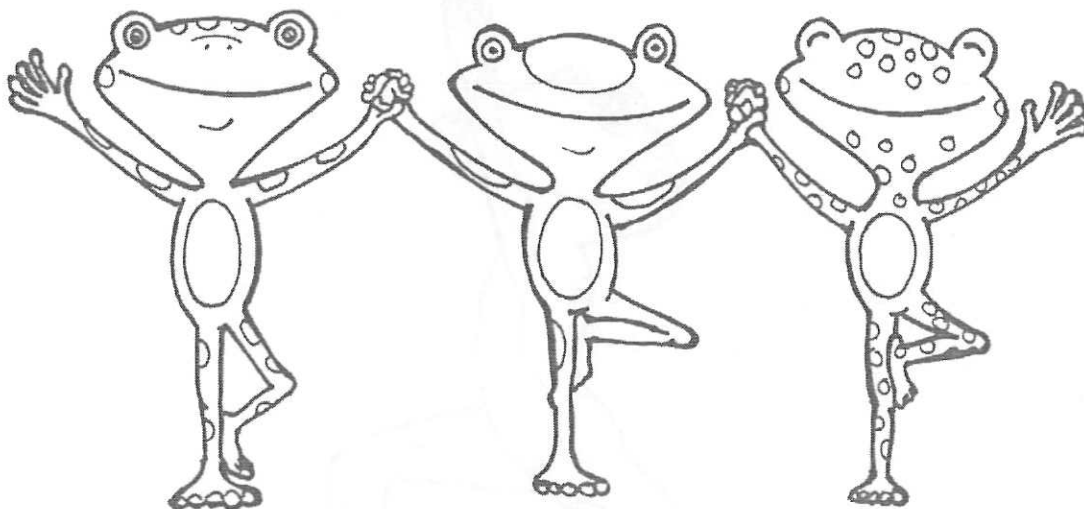
- This sequence can be done behind or in front of desks/chairs. It's useful to re-energize learners when they get tired.

# Move: Standing Exercises



## Tree

1. Begin in Mountain and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, place the bottom of your right foot to the inner calf. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale the arms up over head as if you were spreading branches. Try to balance for 5 to 10 breaths.



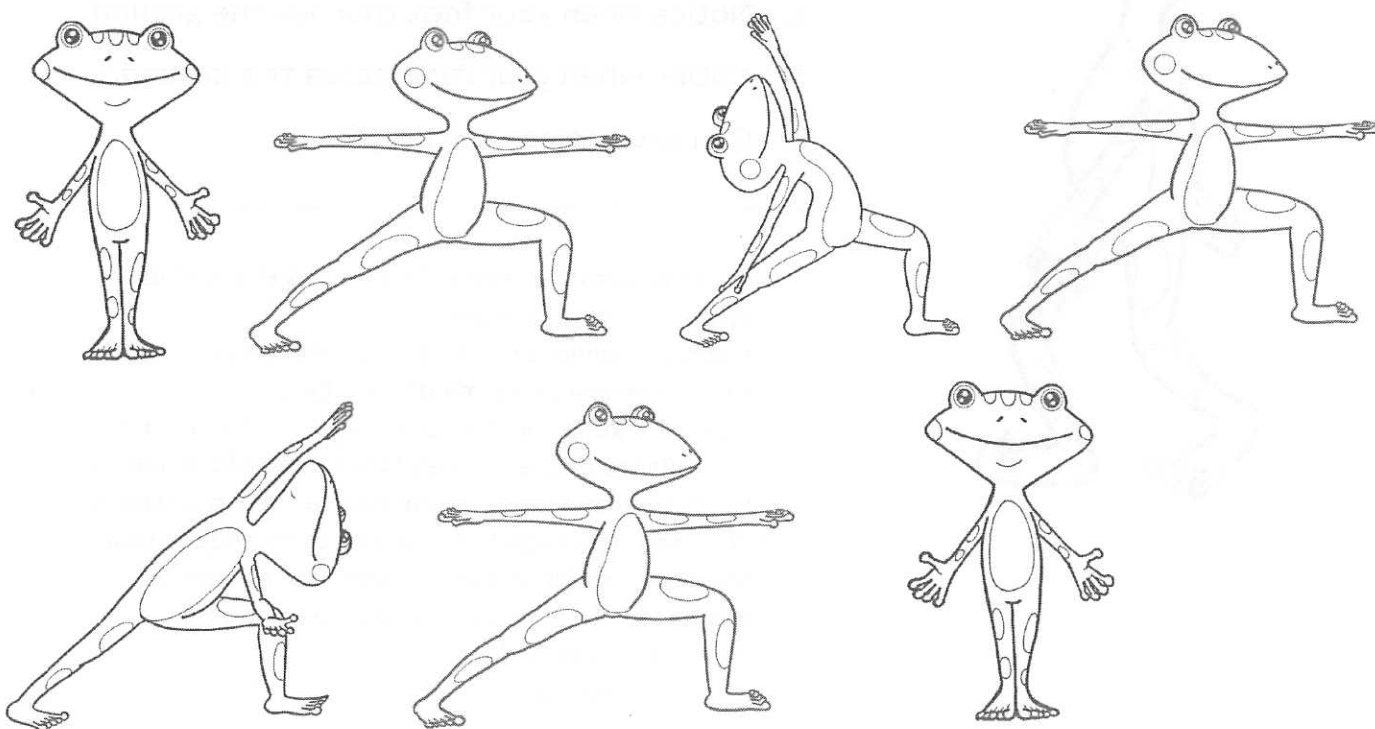
# Move: Standing Exercises



## Wave Sequence

1. Begin in Mountain Pose.
2. Inhale, step your left foot wide to the side, exhale and turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale and hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back towards your left calf and raise your right arm straight up towards the ceiling, exhale here. Look up at your hand and take 2 breaths.
4. Inhale and return to Surfer.
5. Exhale, place your right arm on your right thigh, and raise your left arm overhead. Look towards your left hand and take 2 breaths. This is Wave.
6. Inhale and return to Surfer.
7. Exhale and step feet together in Mountain Pose.
8. Repeat on the other side.

- 
- This sequence can be used to invigorate when tired or lethargic.





## Attitude of Gratitude

1. Sit comfortably, and if you like you can close your eyes.
2. Think of something/someone in your life for which you are thankful, or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

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- As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.
  - This is a nice exercise to take a few responses from learners after the exercise is finished.

