

LET'S GET PHYSICAL WITH YOGA!

Can you reduce your stress and strengthen your muscles with these
fun moves?

Physical Education Enrichment Activity

What Equipment Do You Need?

Everyone joining in on the yoga workout needs:

- A yoga mat if you don't have a yoga mat you can use a towel, a blanket, find a spot on a carpet or just a space on the floor!
- A water bottle
- Athletic clothing (t-shirt/shorts/leggings/sweat pants)
- A positive attitude!
- If you can find a sibling, parent or someone who lives with you to join do so!

How Do We Get This Workout Started?

Students, please choose two of the three listed Youtube videos and follow along with the instructor on the screen. Remember the purpose of this workout is to learn and practice the basic moves of yoga and apply them during a structured routine. At the end of the videos you should feel relaxed, stress-free and your muscles should be a little sore from moving in new ways!

Yoga Youtube Workout 1: <https://video.link/w/nya5>

Yoga Youtube Workout 2: <https://video.link/w/Hya5>

Yoga Workout 3: <https://video.link/w/gza5>

Create Your Own Yoga Routine!

Our next steps in our Yoga lesson is to use the moves you learned in the Youtube videos or if you don't have access to internet use the diagrams provided in the next couple slides and create your own yoga routine! Write down the names of the positions in the order that you want to use them and how long to hold each pose. A pose should be held between 15 to 45 seconds before moving onto the next pose. Share your yoga routine with your family and your PE teachers!

DOWNWARD
DOG



ONE LEGGED
DOWNWARD
DOG



STANDING
FORWARD
BEND



WARRIOR
POSE
1



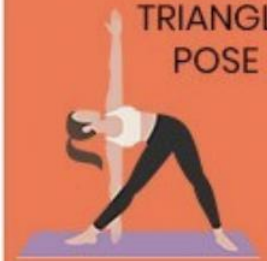
ONE LEGGED
KING PIGEON
POSE



WARRIOR POSE 2



TRIANGLE
POSE



BRIDGE
POSE



WARRIOR
POSE
3



COBRA
POSE



EXTENDED
SIDE ANGLE
POSE

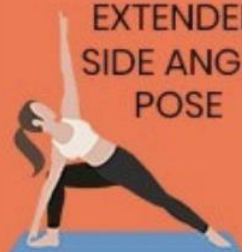


TABLE TOP
POSE



DANCER
POSE



YOGA FOR KIDS

Poses for Partners

Double Tree



Warrior Friends



Twin Dragons



Sailboat



Double Pretzel



Seesaw



Double Boat



Elevator



Double Dancer



Lean on Me



Huddle Pose



Back-to-Back Twist



Back-to-Back Chair



Open Heart



Double Dog



YOGA FLOW FOR Stress Relief



Triangle pose



Candle pose



Warrior



Malasana



Puppy Pose



Leg up



Forward Fold



High Lunge



Downward facing dog



Savasana



Cow face



Cobbler

What Are The Benefits of Yoga?

- Creates a peaceful state of mind and body
- Allows students to express their creativity and imagination
- Increased body awareness
- Students learn about body awareness and health
- Increases concentration, attention and focus
- Improves self-esteem and confidence
- Helps to maintain emotional balance
- Better Sleep

Did you feel any of these benefits after completing your yoga workout? If yes, which ones did you feel? If no, why do you think you didn't feel any of these benefits?

What Types of Yoga Are There?

- **Ashtanga yoga:** Ashtanga yoga is a vigorous, fast-paced form of yoga that helps to build flexibility, strength, concentration, and stamina. When doing Ashtanga yoga, a person moves quickly through a set of predetermined poses while remaining focused on deep breathing.
- **Bikram yoga:** Bikram yoga is also known as "hot yoga." It is practiced in rooms that may be heated to more than 100°F (37.8°C) and focuses on stamina and purification.
- **Gentle yoga:** Gentle yoga focuses on slow stretches, flexibility, and deep breathing.
- **Kundalini yoga:** Kundalini yoga uses different poses, breathing techniques, chanting, and meditation to awaken life energy.
- **Iyengar yoga:** This type of yoga focuses on precise alignment of the poses. Participants use "props" like blankets, straps, mats, blocks, and chairs.
- **Restorative yoga:** This practice allows the body to fully relax by holding simple postures passively for extended periods of time.
- **Vinyasa/power yoga:** Similar to Ashtanga yoga, these are also very active forms of yoga that improve strength, flexibility, and stamina. This type of yoga is popular in the United States.