

# 10 minute Family Yoga

## WARM-UP STRETCHES (2 MINUTES):

- **NECK ROLLS:**
  - SLOWLY ROLL YOUR NECK IN A CIRCLE TO RELEASE TENSION.
- **SHOULDER SHRUGS:**
  - LIFT YOUR SHOULDERS UP TO YOUR EARS, THEN RELAX THEM DOWN.
- **SIDE STRETCH:**
  - REACH ARMS OVERHEAD AND GENTLY LEAN FROM SIDE TO SIDE.

## YOGA POSE SEQUENCE (8 MINUTES):

- **MOUNTAIN POSE (TADASANA):**
  - STAND TALL WITH FEET TOGETHER, ARMS AT YOUR SIDES, AND BREATHE DEEPLY.
    - **FOCUS:** GROUNDING AND POSTURE.
- **FORWARD FOLD (UTTANASANA):**
  - FROM MOUNTAIN POSE, BEND FORWARD AT THE HIPS, ALLOWING ARMS TO HANG AND KNEES TO BEND SLIGHTLY.
    - **FOCUS:** STRETCHING THE BACK AND LEGS.
- **CAT-COW (MARJARYASANA-BITILASANA):**
  - ON HANDS AND KNEES, ALTERNATE BETWEEN ARCHING THE BACK (CAT) AND LIFTING THE CHEST AND TAILBONE (COW).
    - **FOCUS:** STRETCHING THE SPINE.
- **CHILD'S POSE (BALASANA):**
  - SIT BACK ON YOUR HEELS, EXTEND YOUR ARMS FORWARD, AND REST YOUR FOREHEAD ON THE FLOOR OR A MAT.
    - **FOCUS:** RELAXATION AND CALMING THE MIND.



# Family Belly Breathing Routine

## 1. Setting the Scene

- **Choose a Calm Space:** Find a quiet, comfortable place where everyone can sit or lie down without distractions.
- **Time:** Aim for 5-10 minutes, once or twice a day.

## 2. Getting Started

- **Position:** Sit or lie down comfortably. Place one hand on your chest and the other on your belly.
- **Relax:** Close your eyes and take a few moments to relax your body. Let go of any tension.

## 3. The Technique

- **Inhale:** Breathe in slowly through your nose, allowing your belly to rise as it fills with air. Your chest should remain relatively still.
- **Pause:** Hold the breath for a couple of seconds.
- **Exhale:** Breathe out slowly through your mouth, letting your belly fall. Imagine you are blowing out a candle gently.
- **Repeat:** Continue this pattern of slow, deep breaths. Aim for a count of 4-5 seconds for each inhale and exhale.

## 4. Adding Visualization (Optional)

- **Imagine a Balloon:** For younger children, you can add a visualization. Ask them to imagine their belly is a balloon that inflates with each inhale and deflates with each exhale.
- **Calm Place:** Encourage everyone to visualize a calm, happy place while breathing.

## 5. Closing the Session

- **Gradual Return:** After 5-10 minutes, gradually bring your awareness back to the room. Wiggle your fingers and toes.
- **Share:** Take a moment to share how everyone feels. This can help reinforce the positive effects of the practice.

## 6. Consistency

- **Routine:** Try to make this a regular part of your daily routine. Consistency helps in reaping the long-term benefits of belly breathing.

