Hello and welcome to the Kohl’s Mindful Me card deck!

This card deck is designed to help you and others discover how easy practicing yoga and mindfulness can be. Before you get started, there are some things we need to talk about for your safety and best use of this card deck!

1. If you are instructing others while using these cards, please consider the past and current experiences, abilities, and level of comfort of those you are instructing. Some of these activities and poses may not be appropriate for everyone or may not be appropriate in every situation.

2. If you are instructing others while using these cards, participate and model the activity. You deserve the benefits, too!

3. Remember that yoga and mindfulness values balance. If you do a pose using one side of your body, be sure to do the pose on the other side as well.

4. Participation in yoga and mindfulness is not mandatory. If you or someone does not want to participate, remind them that they are always welcome to join. Keep in mind, the level of participation does not always have to be the same. We all differ in our abilities and readiness.

5. Yoga and mindfulness are judgement-free. Completing or not completing a task in yoga or mindfulness is up to the individual, without judgment.

6. Breathing is so important for life and in the practice of yoga and mindfulness! We tend to hold our breath especially when we are doing something physically difficult or feeling upset. Remember to breathe as you are doing these activities!

DISCLAIMER
Please note that not all exercises presented in this card deck are suitable for everyone and engaging in certain poses may result in injury. Please ensure that you or your children only engage in the activities that you or your health care professional deem physically or psychologically appropriate. These materials are intended to be general and educational in nature and Phoenix Children’s and its team members disclaim any liability or loss in connection with the activities described herein.
Breathe In, Breathe Out
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Take a deep breath in and out. Feel the air filling your lungs completely, and then letting it out slowly through your mouth. On your next exhale, make your breath audible by saying “haaa” as though you are fogging up a mirror. On your next exhale, make that same “haaa” sound but close your mouth, letting your breath exit through your nose. Continue to breathe at your own pace using this breath occasionally. Listen to and feel your breath on the audible exhales.

Allow yourself time to rest, breathing normally.

pause

On your next inhale, slowly start to wiggle your fingers and toes. Gently start to move your arms and your legs as you wake your body up from its rest. If your eyes are closed, slowly start to blink them open as we join as a class again. Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights and use battery powered tea lights, music, glitter jars, or anything quiet and calm to set your focus.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
Master of My Mind
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Sometimes our thoughts get too loud and overwhelming, and we can’t concentrate. This can make us feel tired and ready to tune out. We might feel this way when we are asked to try something new, working hard in school, or when our emotions feel too big. Throughout our lives, we all experience these moments, and there are things we can do to help control the volume of our thoughts.

Imagine you are holding a remote. This remote can adjust the volume of your thoughts. On your next exhale, reach out to the remote and begin to turn down the volume. Feel your thoughts slow down, as they get quieter in your mind. Turn down the volume a little more with each exhale, until the sound is barely on. pause Finally, turn the volume all the way to off.

Allow yourself time to rest.

If your mind wanders, bring your attention back to your deep breaths. pause

On your next inhale, reach for your remote again. Slowly start to turn the volume of your mind up, and notice how your thoughts feel different after you have given them time to rest. Only turn your volume up as loud as you are comfortable.

You are the master of your mind. When you need to, you can turn the volume up or down.

Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights and use battery powered tea lights, music, glitter jars, or anything quiet and calm to set your focus.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
DIY TLC

mindful activities
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Use your fingers to massage your head, forehead, and temples. Pay attention to the crown and base of your head, and behind your ears.

Slowly move your fingers to your neck and shoulders giving any extra time to places that feel tense.

Move your hand down your arms slowly, massaging them until you reach your hands.

Massage each of your hands with your opposite hand. Pay attention to the area where your thumb meets your palm, each finger, and your wrists.

When you are finished, place your hands in your lap and notice how your body feels.
Daydream Journey
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Take a deep breath in, and out. As you breathe out, allow your mind to become quieter. If your mind wanders, bring your attention back to your breathing. Inhale. Exhale. Imagine yourself on a path to a calm place. This place might be a spot outside in the warm sun, a forest with leaves fluttering in the breeze, or simply a cozy chair in a quiet room. In this space you are comfortable, welcome, and safe. Take some time to notice your space.

pause

What does it look like? Feel like? Are there any smells? Sounds? You can have whatever or whoever you would like with you in this space. Take this time to enjoy your space.

If your mind wanders, bring your attention to your deep breaths. Allow yourself time to rest.

pause

On your next inhale, slowly start to wiggle your fingers and toes. Gently start to move your arms and your legs as you wake your body up from its rest. If your eyes are closed, slowly start to blink them open as we join as a class again. Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights and use battery-powered tea lights, music, glitter jars, or anything quiet and calm to set your focus.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
mindful activities

Outside In
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

As you sit quietly, notice the sounds coming from outside of the room. Can you hear birds? People talking, walking? Cars passing by? Take a moment to follow some of the sounds.

Now, begin to notice the sounds inside the room. Can you hear a fan whirring? Someone shifting in their seat? The tick of the clock? Take a moment to follow some of the sounds.

Continue to take slow inhales and long exhales. Begin to notice the sounds right around you. Do you hear someone next to you take their deep breaths? The sound of your own body shifting?

Finally, draw your attention inward. Listen to your body. Do your muscles feel relaxed? Is your stomach hungry, full, or content? Are your hands relaxed? Allow yourself time to rest.

If your mind wanders, bring your attention back to your deep breaths.

pause

On your next inhale, slowly start to wiggle your fingers and toes. Gently start to move your arms and your legs as you wake your body up from its rest. If your eyes are closed, slowly start to blink them open as we join as a class again.

Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights to set your focus.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
Progressive Muscle Relaxation
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Let’s start at the top of our body. Scrunch up your forehead, raise your eyebrows as high as they can go. Inhale and on your exhale, relax your forehead. Next, make the biggest smile you can, squeeze your eyes shut. Inhale and on your exhale, relax your cheeks and eyes. Let your cheeks fall, no tension in your eyes or eyebrows, your jaw slacks, tongue falls away from the top of your mouth.

Next, let’s tense up our shoulders, squeezing and reaching for your ears. Inhale and on your exhale, relax your shoulders down and back. Next, ball up your fists and flex your arms. Inhale and on your exhale, relax your arms, and let your fingers fall open. No tension in your arms or shoulders.

Now, let’s move to our core. Tighten up your stomach, squeeze your bottom. Inhale and on your next exhale, let your core relax.

Next, let’s flex our muscles in our upper legs, squeezing the front, back, and sides of your thighs. Inhale and on your exhale, let your legs relax against your chair. Now, let’s tighten the muscles of our lower legs and feet, pressing your toes into the floor. Inhale and on your exhale, release your toes and lower legs. Your feet and knees falling into a restful position.

Finally, let’s tense ALL of our muscles at once. Squeeze your face, shoulders, fingers, legs, toes! Inhale and on your exhale, relax everything. Take a deep breath in and as you breathe out, feel all of the tension leave your body. Feel your body just melt as it releases any stress and effort.

Take a deep breath in, and as you breathe out, let out a “haaaa” sound.

On your next inhale, slowly start to wiggle your fingers and toes. Gently start to move your arms and your legs as you wake your body up from its rest. If your eyes are closed, slowly start to blink them open as we join as a class again.

Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights and use battery-powered tea lights, music, glitter jars, or anything quiet and calm to set your focus.

Remember that it is hard to hold your muscles in a flexed form, so move somewhat quickly through the flexing/tension instructions. Take your time on the relaxing instructions.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
Restorative Rest
Instructions for activity:

Make yourself comfortable. Allow your body to come into a restful position. You may want to close your eyes to help you relax. As you find your comfortable spot, start to notice your breath.

Take a deep breath in and out. As you exhale, scan your body for any tension. You might notice your shoulders are tight, hands are in fists, or your jaw is clenched. Wherever you feel tension, imagine sending your breath to that area. As you breathe, allow your breath to relax your body.

Allow yourself time to rest.

pause

On your next inhale, slowly start to wiggle your fingers and toes. Gently start to move your arms and your legs as you wake your body up from its rest. If your eyes are closed, slowly start to blink them open as we join as a class again. Inhale, shoulders up to your ears. Exhale, roll your shoulders back and down.

Activity Ideas: Turn down the lights and use battery-powered tea lights, music, glitter jars, or anything quiet and calm to set your focus.

Note: If someone falls asleep during this activity, allow them to rest, and gently wake them up at the end of the activity. This is a safe place to listen to your body and give it the care it needs; for many children, teens, and adults, that will mean falling asleep.
Quiet Focus
Instructions for pose:

1. For a small group, use one or two battery-powered candles or for a larger group distribute enough for everyone to be able to focus on one.

2. Instruct individuals to sit, stand or lay in a comfortable position where they can see the candle.

3. Instruct the group to keep their bodies still and breathe slow and deep as they focus on the candle. Invite them to draw their attention to the changing color or flicker of the battery candle.

4. Simply allow the group to focus quietly. Remind them to bring their attention back to the candle if their mind begins to wander.

5. To bring the group out of the activity, instruct them to take a slow, deep breath in, and slow exhale out.

Pose Ideas:

To help calm the room, try turning off the lights.

Read a mindful meditation or guided imagery story while the group focuses on the lights.

Try playing soft music.

Modifications:

Instead of tea lights, use a glitter jar or find a video of a flickering candle or waves on a beach.
Positive Self Talk
Instructions for pose:

1. Think of a time when you have thought “this is too hard” or “I am not good at this”?

2. Change your thoughts to: “this may take some time and effort” or “I will work hard and get better at this”

3. Think of some negative things you might say to yourself at times and think of positive things to say instead.

4. Write down or say five things you do well and one thing you are working hard on.

5. Remind yourself of these positive thoughts throughout your day.

Pose Ideas:

Students write their positive self-talk on something they can keep with like a rock, journal, desk name card, folder, etc. Decorations are encouraged!

Students share their positive self-talk with the other students.

Post a monthly positive affirmation in the classroom.

Put positive affirmations in a jar/bowl and students make take them out and read them before a test, if they need encouragement, etc.
Create-a-Pose
**Instructions for pose:**

1. Choose a leader for the activity. Everyone will need enough room to extend their full body.

2. The leader will call out different body parts (hands, feet, forearm, etc.) and the players will have to make different shapes and yoga poses, only letting the body parts that the leader calls out touch the floor. For example, the leader might say: “One arm and one leg” or “Two legs and one arm”

3. Encourage everyone to be as creative as possible!

**Modifications:**
Try this game in teams of two. As the leader calls out the body parts that have to remain on the floor, the students must make these shapes and poses as a team while maintaining some connection between each other. Example: “Three legs and two arms”
Tasty Attention
**Instructions for pose:**

1. Hand out a small snack (Ex: M&Ms, pretzels, grapes, etc.).

2. Instruct the group to examine the snack given to them before eating it. Notice the texture, shape, and smell.

3. Instruct the group to taste the snack. Do not chew the snack at first, but let it sit on their tongue and notice the flavors.

4. Finally, allow the group to chew and swallow the snack.

5. Briefly discuss the experience of eating slowly. How did the food taste? Did you like eating slowly?

**Pose Ideas:**

Try this activity with everyone’s eyes closed. Can they guess the snack before they taste it?
Leader Says
Instructions for pose:

1. Choose a leader for the activity. Everyone will need enough room to extend their full body.

2. The leader will perform different yoga poses and the players are only to follow what pose the leader is doing when the leader says “Leader Says”.

3. If the players move into a different yoga pose than the leader is doing without the leader saying “Leader Says”, they are out of the game until another leader is chosen.

4. Ex: Leader: “Leader says, do tree pose!”

 Modifications:
Instead of excluding players who move into the wrong pose, allow everyone to continue playing.

Pose Ideas:
The leader can incorporate partner and group poses into the game as well. Example “Leader says, do tree pose with three other people!”
Mindful activities

Mandala
mindful activities

Instructions for pose:

1. Print out free mandala coloring pages from the internet and distribute them.

2. Allow individuals to color in these mandalas in silence or with soothing music in the background to create a relaxing atmosphere.

3. You may choose to read a story or share a lesson during this time, or just listen to music.

OR

1. Try creating a mandala using a box of craft items like buttons, pipe cleaners, glass gems, etc.

2. Choose one item to be the center of the mandala.

3. Instruct individuals to form a line, and as they approach the mandala one at a time, choose one item to add to the mandala.

4. This is a quiet activity, which means individuals should stay silent while completing the mandala. You may choose to play soft music in the background.

5. Once a piece has been placed in the mandala, it is not to be moved.

6. Once individuals have had a few turns to place an item, stop the activity and admire the mandala!

Pose Ideas:

Show examples of mandalas and have each person create their own.

Talk to individuals about what the mandala means, what feelings they had while creating the mandala, etc. Affirm all feelings, and for negative feelings (like someone not placing their piece in the “right” spot) talk about how we might cope and try to appreciate differences!
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Inhale through your nose and exhale through your nose making a humming sound.

3. Next, try closing your eyes, and repeat the same breath, inhaling and exhaling with a hum.

4. Finally, close your eyes and cover your ears, and repeat the same breath, inhaling and exhaling with a hum.

Pose Ideas:

Allow the group to talk about the differences they noticed between the first, second, and third humming breath.

Modifications:

Try humming like a hummingbird, buzzing like a bee, or hissing like a snake.

If you feel uncomfortable closing your eyes, focus your attention down into your lap instead.
breath

Ocean
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Inhale through your nose.

3. Exhale through your mouth while making the sound “haa” as if you are fogging up a mirror.

Pose Ideas:

While Ocean Breathing, imagine you are on a beach somewhere and the waves are crashing right in front of you.

Modifications:
Inhale again through your nose but this time keep your mouth shut as you make the “haa” sound. Feel the air in the back of your throat.
Phoenix Breath
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.
2. Inhale slowly while lifting your arms up and out to the sides.
3. Continue inhaling and reach your arms up above your head.
4. Slowly exhale and lower your arms to your sides.

Pose Ideas:

Close your eyes while doing this breathing exercise and imagine that you are a bird going on a journey. Partner up with someone else and tell them about the journey you took and where you flew to.

Make bird calls!
Deep Breath
**Instructions for pose:**

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Take a deep breath in through your nose and imagine filling your belly with air.

3. Slowly exhale, pushing all of the air from your belly and out through your mouth.

4. Repeat.

**Pose Ideas:**

Place one hand on your upper chest to feel your lungs, and one hand on your belly. Feel your belly rise and fall as you breathe in and out.
Elephant Trunk Breath
**Instructions for pose:**

1. Begin in a standing position with both feet flat on the ground and arms at your side.

2. Link your hands together, fold at the hips, and dangle your arms in front of you like an elephant trunk.

3. Inhale and raise your arms high above your head and lean back.

4. Exhale and swing your arms down through your legs.

**Pose Ideas:**

Make elephant sounds!
Back-to-Back Chair
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Hook elbows with your partner and begin to bend your knees. Adjust your feet as needed. Lower yourselves down until your upper legs are parallel to the floor.

3. Begin to lift up by pushing into your partner’s back, adjusting your feet as needed, until you are both standing again.

Modifications:
This pose can also begin in a seated position.

Pose Ideas:
Hold chair pose as long as you can. Continue supporting one another by gently pressing into each other’s backs. Remember to breathe as you hold.
Seesaw
Instructions for pose:

1. Begin seated, facing your partner with the bottoms of your feet touching.

2. Inhale and lean forward to clasp each other’s hands.

3. Exhale and gently pull your partner forward as you lean back.

4. Allow your partner to pull you forward and take turns pulling one at a time. Make sure to breathe during pulls.

Pose Ideas:

Sing or chat with your partner while you exchange stretches. Remember to be gentle and listen to your partner if they say you are pulling too much.

Modifications:
If your partner’s legs are longer or shorter than yours, move to a position in which you are both comfortable. This may mean you do not touch bottoms of feet with your partner.
Strong Connection
**Instructions for pose:**

1. Begin in a standing position with both feet flat on the ground, arms at your side, and facing your partner.

2. Extend your right foot and place it next to their right foot.

3. Inhale, step your left legs back, exhale and bend your right knees.

4. Reach your left hands behind your back and link hands left to right and right to left. Take a deep breath in and out.

5. Gently twist open.

**Modifications:**
For a deeper stretch, twist, arch, and turn away from each other while gently pulling on each other’s arms.
Double Pretzel
Instructions for pose:

1. Begin in a seated position in front of your partner with your legs crossed and knees touching.

2. Inhale deeply, twist left and extend your right arm to your partner’s back.

3. Exhale and reach your left hand behind your back to hold your partner’s right hand.

4. Gently pull and twist to feel the stretch. Take a few deep breaths. Slowly release.

Modifications:

You can do this pose without a partner, too! Place one hand on the opposite knee, gently start to use that hand to pull your shoulders and place your other hand behind you to help anchor the stretch.
Tree
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground and arms at your side. Bring your hands together to the middle of your chest.

2. Balance on one foot as you turn your opposite foot out.

3. Leading with your heel, drag your foot up your leg stopping where it feels comfortable.

4. Leading with your heel, drag your foot up your leg stopping where it feels comfortable; at the ankle, calf or thigh. Do not place your foot at your knee.

Pose Ideas:

Find a partner and get into tree pose. Test your partner’s balance by making funny faces at them or telling jokes.

In a group, stand in a circle. Hold tree pose, and connect your branches, palm to palm with your neighbors.

Modifications:
If you’re having trouble balancing, use one hand to hold the back of a chair or keep your foot on the ground.
Standing Octopus Arms
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Begin to twist at your torso, letting your arms hang loose and wrapping around your body as you twist.

 modifications: 
Cross your arms in front of you or touch your shoulders with your arms in a “T” shape.

Pose Ideas:

Play music while students twist side to side and have them freeze when the music stops.
Warrior One
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground and arms at your side.

2. Inhale and take a big step forward with one foot while keeping your hips facing forward.

3. Exhale and bend your front knee, keeping your back leg straight.

4. Raise both arms up towards the sky. Take a few deep breaths.

When raising arms up to the sky, yell a positive affirmation like “I am strong!”.
Warrior 2
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground and arms at your side.

2. Inhale and take a big step forward with one foot while keeping your hips facing forward.

3. Exhale and bend your front knee, keeping your back leg straight.

4. Inhale, rotate your body, opening your hips and shoulders, turning your back foot to point the same direction as your hips and shoulders.

5. Bring your arms straight out to the side, parallel with the floor. Keep your front knee bent.

6. Turn your head to look out over your front fingertips. Take a few deep breaths.

7. Exhale, and slowly step your back foot up to meet your front foot and release your arms to your sides.

Pose Ideas:

When raising arms out to the sides, make fists and flex your arms. Say aloud a positive affirmation (ex: “I am strong!”).
Warrior 3
**Instructions for pose:**

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.
2. Take a step with one foot out in front of you.
3. Reach your arms forward keeping them parallel to the ground.
4. Inhale and shift your weight to your front foot while slowly bending forward at your hips.
5. Exhale; lift your back leg off the floor, balancing on just your front foot.

**Pose Ideas:**

Super human challenge! See how long you can hold this position. Think about keeping your arms, torso, and leg parallel to the ground.
One Leg Toe Touch
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground and arms at your side.

2. Using a chair facing towards you, shift your weight onto one foot.

3. Raise your opposite heel onto the seat of the chair.

4. Inhale and raise your arms above your head towards the sky.

5. Exhale, fold forward, keeping your back straight, and reach towards your knee or your foot.

Modifications:
Try this pose while sitting by extending one leg out in front, resting your heel on the ground. Raise your arms above your head, fold forward, and reach towards your knee or foot.
Triangle
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground and arms at your side.

2. Turn one foot out and keep your other foot facing forward.

3. Inhale and lift your arms straight out to the side.

4. Exhale and lean towards your turned out foot, stretching your arms out wide.

5. Lower your hand as close to the floor that you can.

6. Keep your ankles, hips and shoulders all in one plane, resisting the temptation to lean forward with your shoulders to reach the floor.

7. Slowly raise yourself back up to standing.

Modifications:
If you cannot reach the floor, rest your hand on your ankle or shin. Resist the temptation to lean forward with your shoulders to reach the floor.

Pose Ideas:

Triangle partners: Do triangle back to back with a friend making sure to keep the backs of your hands and arms connected from start to finish.
Instructions for pose:

1. Begin in a standing position with both feet flat on the ground with your hands pressed together in front of your chest.

2. Close your eyes and let your energy bubble up inside of you and into your hands.

3. Inhale through your nose and pause.

4. As you exhale, explode your arms and legs out while making the sound of a volcano erupting ‘Psshh!’.

Pose Ideas:

To release extra energy, start this pose in a crouched position. Make sure you have plenty of space. As you inhale, build up energy in your arms and legs. As you exhale, use your arms and legs to jump into the air as you make your Psshh! sound.
Bow
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Shift your weight onto one foot, lifting your same-side arm in front of you for balance.

3. Bend your opposite knee, lift your foot behind you, and reach back with your same-side hand to grab your foot.

4. Slowly and with control, release your foot and come back to a standing position with both feet flat on the ground and arms at your side.

Pose Ideas:

Double bow: face a friend and connect hands to use for balance and stability.

Modifications:
To make the pose more challenging, lean forward into the pose and raise the foot you are holding slightly higher.
Standing Mountain
Instructions for pose:

1. Stand up tall with your arms at your sides and your feet hip distance apart, flat on the ground.

2. Find a still object or point and use it as your focus point.

3. Breath

Pose Ideas:

Rock back and forth a few times until you find your center.

Inhale as you roll your shoulders to your ears, exhale and roll them back and down.
Eagle
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Extend both arms straight out in front of you and bend at the elbows.

3. Cross your left elbow over the right elbow.

4. Wrap your forearms and bring your palms together.

5. Shift your weight to your left foot and bend your knees slightly.

6. Lift your right leg and cross it over the left leg

7. Focus on a point or object to help keep your balance.

Modifications:
For more difficulty, sit into the pose as if you were to sit in a chair.
Back Bend
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Reach behind you and clasp your hands together at your low back.

3. Inhale and roll your shoulders back while pressing your chest forward and lifting your chin slightly up.

4. Exhale, unclasp your hands and relax your shoulders, bringing your hands to your lap.

Modifications:
If it feels more comfortable, you can hold the bottom or back of your seat with your hands.
seated

Chair
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Inhale and raise your arms straight above your head.

3. Exhale and bend your knees, lowering your body as if you are about to sit in a chair.

4. Lean forward slightly from your hips.

5. Hold chair for several deep breaths before returning to standing.
seated

Boat
**Instructions for pose:**

1. Begin seated with both feet flat on the ground and hands resting on your chair or on the ground.

2. Lean back slightly and lift your feet off the floor while keeping your knees bent.

3. Extend your arms straight out in front of you and balance on your bottom.

**Pose Ideas:**

Extend the legs to make the pose more difficult.

**Modifications:**

If needed, you can keep your hands on the chair or ground for balance.
seated

Gorilla
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Inhale and reach your arms up.

3. Exhale and bring your arms down while folding forward at the hips.

4. Rest your head between your legs and let your arms hang at your sides. Breathe.

5. Slowly, roll up.

Pose Ideas:

Gorilla hug: reach under your legs to grasp your arms at the elbows. Rest your body here.
Pigeon
Instructions for pose:

1. Begin in a seated position with both feet flat on the ground and arms at your side.

2. Bring your right ankle up over your left knee.

3. Inhale and sit up tall.

4. Exhale and gently press down on your right knee with your right hand.

Pose Ideas:

Using one hand under your crossed knee and one hand under your foot, gently lift up and rock your leg side to side.

Modifications:

For a deeper stretch, bend forward slightly at the hip as you exhale.

If you are not able to rest your foot on your opposite knee, extend your leg and rest the opposite foot on your lower leg.
seated

Cat
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Intertwine your fingers, roll your palms out and inhale deeply as you arch your back, and extend your arms towards the sky.

3. Exhale and slowly round your shoulders as you push your arms out in front of you.

4. Inhale, slowly roll your shoulders back, straighten your spine, and bring your hands to your lap.

Pose Ideas:

Try it with a partner! Sit across from your partner. As you reach your hands out, instead of clasping them, reach for your partner’s hands. Inhale as you arch your back. Exhale as you round out your back and gently pull on your partner’s hands.

Modifications:
If intertwining your fingers is too uncomfortable, try the pose with your hands apart.
seated

Monkey Arms
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Extend one arm over your head.

3. Keep it next to your ear and bend at the elbow to reach your hand down your back so that your palm is facing your back.

4. Bend your opposite elbow and bring that forearm behind your back.

5. Reach your fingers towards each other and try to clasp them together.

6. Hold this position while you breathe.

Modifications:
If your hands cannot touch, hold onto the back of your shirt or a towel with the top hand and reach the bottom hand up.
Mountain
Instructions for pose:

1. Sit down in a chair and move to the edge so that your back is not resting on the chair.

2. Make sure your feet are flat on the floor and your back is straight.

3. Have your knees directly above your ankles and your hands in your lap.

4. Inhale and exhale deeply.

Pose Ideas:

Shoulder rolls

Neck rolls

Crescent moon: Inhale your arms above your head and exhale as you gently bend to one side. Repeat for the other side.
Twist
Instructions for pose:

1. Begin in a seated or standing position with both feet flat on the ground and arms at your side.

2. Put your left hand on the outside of your right thigh and place your right hand on the back of your seat. Your hands should help you stretch, not pull your body to a point of cracking your back.

3. Inhale and sit up straight.

4. Exhale and gently twist your upper body so you are looking over your right shoulder. Inhale.

5. Exhale and bring your body back to the front.

6. Repeat for the other side.

Modifications:
For more of a challenge, cross your right leg over your left while twisting to your right. Switch sides.