
Yoga (Year 3)

Unit Overview

Summary

The aim of this unit is to practise the poses that pupils have learnt and introduce new poses. Pupils will explore power poses, poses with a partner and self-massage techniques.

The ethos behind the lesson plans encourages pupils' development of resilience and their self-awareness.

Prior learning

Pupils will have had three yoga sessions in each of the past two years. These followed the same structure as the following sessions, introducing several poses. If pupils have completed the Mindfulness unit, they will recognise some features of mindfulness within yoga practice.

All references to poses throughout the lessons are accompanied by images. Some lessons contain a link to downloadable large size yoga cards for display. Your school might wish to print and laminate one full set of these. Teachers will then need to select only those poses that the pupils have been taught during the sessions so far but it will save on multiple printing and laminating. A full set of images can be downloaded by [clicking this link](#).

Teachers might also want to print their own **mini** copy of the poses to use as a handy reference. This is available to download by [clicking this link](#).

Teaching Tips

- Timings in the lesson are based on short sessions of 20 minutes.
- You might wish to combine this with your PE sessions by having the yoga session at the end of the lesson or separately as a classroom activity if space allows.
- Pupils do not have to change into their PE kit, but will need to feel comfortable making the poses suggested, therefore PE clothes might be the best choice.
- Pupils should have bare feet to enable grip and movement of the feet.
- Safety: Mats are not necessary if the floor surface enables pupils to grip rather than slip on the floor. Mats will be more comfortable during relaxation and during some poses, if the floor surface is hard. If mats are used, pupils should be made aware of the need to take care if moving around the space so that they do not trip over the mat edges.
- The class teacher should use a clear signal for when the pupils must stop and show they are listening. A chime sound such as a triangle or xylophone chime is most appropriate in a yoga context with a soft, reverberating sound.
- A quiet and clear space with few distractions will help pupils to focus. For relaxation portions, ideally, there would be blankets available. But if this is not practical, pupils could have a soft toy to hug if this helps them to relax.
- You can make a lavender spray by mixing some water with a little lavender essential oil in a spray bottle. Use this during relaxation.
- You might wish to have a camera with you, particularly if your setting does not have mirrors for the pupils to see their own poses. You could use these to build up a personalised bank of pose cards.
- The aim of this unit is to introduce the idea of yoga as a means to focus on oneself, to learn some basic poses and relaxation techniques.
- Pupils should not pose in positions that are painful to them. For example, some pupils might find their knees hurt when they kneel. Variations are given in the lessons for some poses. When pupils use a variation for their own comfort, encourage them to use these variations in future without you directing them specifically. Use language such as 'you know your body, listen to your body' to help them connect with their own bodies and needs.
- To help pupils develop resilience, take care to praise for effort rather than only perfect poses. Some pupils will be much less flexible than others and find it harder to follow precise instructions but should be encouraged to persist and improve the areas in which they struggle.
- Assist pupils in making a success of their efforts by suggesting things that might help them to achieve. For example, an added cushion for some poses, a scarf to extend their reach if they cannot stretch far enough or using a wall to aid balance for others. Pupils will see that they all have individual strengths and weaknesses and that is completely normal, they can work on areas that they struggle with and see their own improvement.

Lesson 1 - Recap (Year 3)

Lesson Overview

Learning Objectives:

To be able to settle themselves for a yoga session by exploring breathing. To recap and review some poses they will have learnt in previous sessions.

Success Criteria:

Pupils can maintain still, quietness for a short period of time.

Pupils can demonstrate that they have remembered some aspects of yoga from previous sessions.

Key Vocabulary:

Balance, breath, lungs, spine, inhale, exhale poses.

Equipment & Resources:

- See Teaching Tips section for further advice.

Required Downloads

- Print the pose cards from the poses that pupils have learned in past lessons (laminates if possible). Clicking on [this link](#) will download these cards as a pdf for printing. Pupils will be using these to create a routine revising the poses that they have learnt.

Introduction (5 minutes)

- 1 Do pupils remember doing yoga last year? Can any pupils remember poses that they learnt – can they demonstrate?
- 2 Has anyone continued to do any of the things that you learnt during yoga sessions such as concentrating on their breathing to energise or calm?
- 3 Explain that you are going to play a chime sound and that is the sign for the pupils to find a space on their own and sit cross-legged on the floor in silence. Can they listen for the chime to completely disappear? Play the chime.
- 4 Once they are seated, ask pupils to rub their hands together warming them up. Once they feel warm, place your palms gently over your eyes and take a few relaxing breaths.
Feel the air fill your lungs and pull your spine upright as you inhale the air. Keep the straight spine as you exhale. Take a few breaths, each time feel your spine growing up to the sky.
- 5 Remove your hands and place them on the floor.
Stretch your legs in front of you.
Circle your feet one direction and then the other. While you do this, start to think about your breath. In through the nose and then out gently through soft lips.
- 6 Ask pupils to tilt their heads to one side, then to the other. Flop their head forward and then roll it to one side and then roll it all the way to the other side. Do this slowly.
- 7 Now stand in Mountain pose (**See resource 1**). Imagine yourself as a strong, solid mountain. Your feet join you firmly to the Earth. Your spine is long stretching you up into the sky.
- 8 Now make a sunrise by lifting your straight arms in an arc until they are above your head, look up to the sun and take a few breaths.
- 9 Now be a sunset; as you exhale, drop your arms slowly in an arc all the way to the ground, bend your knees slightly as you do this.
- 10 Now reverse this movement to make the sun rise again and then sunset.
- 11 Now slowly walk your fingers up the front of your body starting from your toes until you come back to upright.
- 12 Twinkle your fingers up into space to make then stars at night. Stretch your body and come up on your tip-toes with your twinkle stars.
- 13 Jump out into Star pose (**See resource 2**). Then give your body a gentle shake out.

VARIATION

Try to coordinate breathing with movement.

Main (10 minutes)

- 1 Use the pose cards to remind the pupils of the poses that they have learnt. Today they are going to spend some time practising these with a partner. Each pair should select three poses to compose into a routine.
- 2 Explain, that pupils are going to get into pairs (or threes) to make a yoga story where you move between three positions. Give an example, "A cow was in the field one sunny day when she saw a frog jumping in the long grass. A cat was startled by the frog." For each stage, you should get into the correct pose, think of how to move smoothly between the poses. Draw pupils' attention to the pictures of the poses to jog their memories.
- 3 One pupil will speak the story while the other moves into the poses but take it in turns to perform both roles.
- 4 Give pupils time to work out a short sequence and ask some pupils to perform for the class.

TEACHER NOTES

You could use a digital camera to show pupils how straight their pose is and help them improve if you do not have mirrors available.

TEACHER NOTES

While pupils are practising, use the pose cards to help them pose correctly and encourage them to find fluid ways to transition between poses.

Conclusion (5 minutes)

- 1 Explain that they are going to do a body scan relaxation exercise now. Ask pupils if they remember doing this before. Does anyone do this to try to get to sleep at home?
- 2 Ask pupils to lie on the floor in Savasana pose (**See resource 3**). Their body relaxed, feet floppy. When the room is calm and quiet, ring the chime and let it reverberate until the sound goes.
- 3 Start from your feet and think about how they are feeling, make sure they are at rest and relaxed.
- 4 Now think about the backs of your legs. Imagine they are made of very heavy metal and are sinking into the ground. Don't push them down, just imagine them being very heavy and relaxed.
- 5 This feeling is now moving up to the back of your knees and then your upper legs.
- 6 Now think about your hips and your bottom. Is there any discomfort there? If there is then think about this when you breathe in through your nose, then breathe out gently through your mouth and imagine the discomfort floating away on your breath and your body relaxing into the floor.
- 7 Imagine the relaxing feeling moving up your spine step by step all the way to your shoulders and then down your arms all the way to the end of your fingers. Feel your breathing lungs helping you to relax.
- 8 Feel it in the back of your neck and your jaw and mouth and even your tongue.
- 9 Now feel it in your eyelids and all the way to the top of your brain. Relax like this taking good breaths.
- 10 After a few minutes, chime the chime and tell pupils to give their toes a little wiggle, then their fingers. Then open their eyes, look around and roll onto your sides. Push yourself up slowly and give your body a gentle shake to wake it up

VARIATION

If blankets are available, pupils should lie with a blanket over them. If you have cuddly toys, pupils can lie with the toy on their chest or tummy.

TEACHER NOTES

Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.

LEADERSHIP

Make pupils responsible to tidying up any equipment used. Pairs fold blankets and others ensure they are collected neatly.

Lesson 2 - Power Poses (Year 3)

Lesson Overview

Learning Objectives:

To explore some new poses with a power theme.

Success Criteria:

Pupils can follow instructions and hold new yoga poses.

Pupils can reflect upon how yoga makes their body feel.

Key Vocabulary:

Spine, abdominals.

Equipment & Resources:

See Teaching Tips section for advice.

Introduction (5 minutes)

- 1 Ask pupils to walk slowly around the room focusing on the way their feet move when they walk. Focus on the way the heel touches the floor and the rest of the foot rolls onto the floor. Can pupils spread their toes when they touch the floor and stretch out every toe?
- 2 Now focus on the shoulders while you continue to walk, can you roll your shoulders back so that your spine is really straight? Feel your head being pulled towards the sky.
- 3 Now bring the focus to your tummy, we call this your abdominal area. You have muscles here that support your back. Can you try to hold in these muscles while you walk. Don't hold your breath just try to imagine pulling your belly button into your body. Can you feel any effect on your back when you do this?
- 4 Explain that you are going to play a chime sound and that is the sign for the pupils to find a space on their own but stay standing up in Mountain pose (**See resource 1**).
- 5 Play the chime.

PUPIL TALK

Are they feeling different as they modify their walk? Just in body or in mind as well?

Main (10 minutes)

- 1 Can you feel how when you straighten your legs, you can either have your knees locked straight or you can stand with soft knees. Try to feel this difference.
- 2 Now, stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body. This is called Washing machine (**See resource 4**) pose.
- 3 Imagine washing out any anger or bad feelings like worries and hurt. These feelings are washing down your arms and down the drain. You are lighter now.
- 4 The cycle has finished so shake yourself dry and then come back to Mountain pose and take some deep breaths in through your nose and quietly out through soft lips.
- 5 Now hug yourself; think about how you feel.
- 6 We are now going to practise some power poses so you can feel how strong you are.
- 7 Jump your legs out wide. Keep your toes pointing forward. Then turn the toes of your right foot outwards and reach your arms out to the sides. Bend your body to the right side with legs straight and rest your right hand on your right leg. Keep your other arm stretching up into the air. This is Triangle (**See resource 5**) pose.
- 8 Come back up to Mountain pose and repeat triangle pose to the other side.
- 9 Come back up into the Mountain pose and jump apart once again. This time point both feet to the right by swivelling on the spot and turning your body in the same direction. Bend your right leg and put your arms high above your head to take you into Warrior 1 pose (**See resource 7**). Check that your shoulders are not hunched up by rolling them back. How long can you hold this pose?
- 10 Come back up to Mountain pose and repeat Warrior 1 pose to the other side.
- 11 Come back to Mountain pose and jump your legs apart again, point your right foot forwards as before and put your hands out to the sides.

VARIATION

While in triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.

PUPIL TALK

Reflect upon how washing machine felt to do.

TEACHER NOTES

Wider than hip distance but not so wide that they slip into the splits or cannot balance

PUPIL TALK

If pupils are finding balance hard in triangle pose, they could try Gate (**See resource 6**) pose and then go back to triangle.

TEACHER NOTES

You could use a digital camera to show pupils how straight their pose is and help them improve if you do not have mirrors available.

VARIATION

As you hold these poses, try to feel your power and strength. Feel your muscles supporting and balancing you.

- 12 Now bend your right leg and look towards your extended right arm without twisting your body in that direction. Can you bend the right leg more and keep your balance? This is Warrior pose number 2 (**See resource 8**). Do you feel like a strong warrior? Can you hold the pose?
- 13 Come back up to Mountain pose and repeat Warrior 2 pose to the other side.
- 14 While in Warrior pose 2, we are going to move to Warrior pose 3 (**See resource 9**). Turn your hips to face the direction of your front leg. Now bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you. Stretch both arms out in front of you. Feel the strength of your body.
- 15 Come back to Mountain pose and try to perform a sequence moving through the Warrior poses without coming back to Mountain between them. Do them to one side and then to the other.
- 16 Come back to Mountain, we are going to do two last standing poses before relaxing. Demonstrate the Superman (**See resource 10**) and Wonder Woman (**See resource 11**) poses. Encourage pupils to feel strong and powerful but also connected to the Earth by their strong feet.

Conclusion (5 minutes)

- 1 Give your body and gentle shake out and then sit down cross-legged. Once they are seated, ask all pupils to gently put a finger over one of their nostrils to close it. Breathe through just the other nostril for two breaths. Then switch nostrils. Continue to breathe this way for a few moments.
- 2 Ask pupils to lie on the floor in Savasana (**See resource 3**) pose. Their body relaxed, feet floppy.
- 3 Ask pupils to bend their knees and put their feet flat on the floor then open up their knees to relax them to the sides in Reclining Butterfly (**See resource 12**) pose.
- 4 Encourage them to relax their legs outwards to open up their hips but not to force them.
- 5 Bring the focus to their arms and shoulders, turn hands so that they face the ceiling, this should unroll any curved shoulders, so the shoulders relax more.
- 6 Close your eyes. Bring your focus to your breathing again. I am going to play the chime, listen carefully until you can no longer hear the chime and then take your focus back to your breathing. Give pupils some time to do this.
- 7 Explain, I am going to ring the chime one more time, when you hear it, you should open your eyes, look around and roll onto your sides. Get up slowly and give your body a gentle shake to wake it up.

Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.

VARIATION

If pupils have a blocked nose then they should continue to breathe in whichever way is comfortable, trying to fill up their lungs with deep, slow breaths.

VARIATION

If blankets are available, pupils should lie with a blanket over them. If you have cuddly toys, pupils can lie with the toy on their chest or tummy.

TEACHER NOTES

Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.

Lesson 3 - Self Massage (Year 3)

Lesson Overview

Learning Objectives:

To explore the benefits of self-massage as a relaxation technique. To be able to participate in co-operative yoga with a partner.

Success Criteria:

Pupils can support one another in holding yoga poses.

Pupils demonstrate respect through their gentleness towards their partner and listening to instructions.

Key Vocabulary:

Massage, temple, co-operation, partnership, balance, support, thigh, waist.

Equipment & Resources:

- See the Teaching Tips section for advice.

Introduction (5 minutes)

- 1 Begin by walking around concentrating on the way you walk. When I ring the charm find a space to sit in cross legged. Let pupils move around for a bit and then ring the chime.
- 2 We are going to start with some massage today. What is massage and why is it beneficial to us?
- 3 Often a person will massage another person, but you can also do it to yourself when you are feeling tired or having difficulty concentrating or if you have aches anywhere.
- 4 Close your eyes and use your fingertips to massage the top of your head. Move your fingers in small circles with some pressure but not pressing in hard. Move your hands on your head to any areas that you haven't massaged.
- 5 Now move your massaging to your forehead and the side of your head; your temples.
- 6 Make circles around your eye sockets and eyebrows. Be gentle.
- 7 Give your earlobes a massage and pull them gently. Massage the area just behind your earlobes.
- 8 Now move your hands to the back of your neck and give it a massage and then move on to the parts of your back and shoulders that you can reach.
- 9 Now hold your hands in your lap, massage each finger in turn, giving each finger a gentle tug when you finish massaging it.
- 10 Now rub your hands together to make them warm and place them on your eyes. Take some slow breaths while like this then rest your hands in your lap again.
- 11 Let your attention come back to the room before you open your eyes.

PUPIL TALK

How did it feel to give yourself a massage?

Main (10 minutes)

- 1 Let's do some energising conductor breathing before moving into some yoga poses.
- 2 Ask pupils to stand in Mountain pose (**See resource 1**) and widen their legs a little.
- 3 Breathe in through your nose at the same time as bringing your arms up in front of you (**See resource 13**) (1), out to the sides (**See resource 14**) (2), up over your head (**See resource 15**) (3).
- 4 Then breathe out through your mouth while letting your arms and torso fall between your legs; bending your legs slightly (4) (**See resource 16**).
- 5 Repeat this twice more before coming to rest in Ragdoll pose (**See resource 17**) then rolling slowly back to Mountain pose (**See resource 1**).
- 6 Today you are going to be doing some poses with a partner like you did last year. You will be supporting each other in a few poses. If there is anyone who finds this uncomfortable or in any of the poses then you do not have to do it, you can complete the poses on your own (or use the provided variations).
- 7 The first pose is Warrior friends (**See resource 18**). Stand facing each other. Both take a step back with your left leg.
- 8 Position your right leg so that your inner knees, legs and feet are touching.
- 9 Twist your body to the right to face away from your partner.
- 10 Reach your left arm behind your back and your right arm in front of your partner. Try to hold each other's hands.
- 11 Turn your heads to look at one another. Hold the pose for a few breaths and then see if you can get into it with the opposite legs forwards.

VARIATION

Pupils might feel dizzy if they do this too many times or too quickly, if they do then they should lie down to recover their balance.

TEACHER NOTES

Allow pupils to pair up. If you have an uneven number, make a group of three, the group can take it in turns to pose or to direct the other two pupils or pose solo. Be aware that some pupils might not be comfortable with physical contact and should not be forced to do the poses with a partner.

VARIATION

Pupils might need to adjust the distance between them and their partner as they pose.

VARIATION

If pupils have trouble grasping each other's hands, they could use scarves to extend their reach.

- 12 Now sit down with your legs stretched in front of you in a wide V-shape. Your feet should be touching.
- 13 Hold hands and rotate in circles from the waist in Mixing bowl pose (**See resource 19**). Do this in both directions.
- 14 Stop rotating and now hold wrists with your right arm with your partner and stretch the other arm behind you. Make sure that your grip of one another is firm and then lean back to feel a good stretch. Then switch sides.
- 15 Now we are going to move in to Double Boats poses (**See resource 20**). Stay sitting facing each other, bend your knees in front of you and touch feet on the ground.
- 16 Hold each other's hands and slowly lift one foot up in the air with your partner until they are touching sole to sole. Then, make sure you are holding hands firmly and lift the other when you are ready. This is Double Boat 1 (**See resource 20**).
- 17 If you feel stable, you can lift your feet further so that your legs are straight still with feet touching your partner's to Double Boat 2 (**See resource 20**).
- 18 Feel the stretch for a few breaths and then slowly lower your legs before you let go of each other's hands.
- 19 Now sit back-to-back with your partner, feel their warmth, close your eyes and concentrate on your breathing for a few moments.
- 20 Breathe in slowly through your nose, feeling your lungs filling up like a balloon, then deflate the balloon by breathing out through your nose again. Repeat for a few breaths with your partner.
- 21 Open your eyes and put your left hand on your right knees.
- 22 Twist your body to the right and try to place your right hand on your partner's left knee. Feel the stretch in your waist.

VARIATION

If pupils are very different heights, the shorter pupil can place their feet inside the taller pupil's calves instead of meeting feet-to-feet.

TEACHER NOTES

Don't lift both legs if you are not confident that your grip is firm.

VARIATION

If the flooring is soft, pupils can try rolling back (letting go of hands) and trying to use the momentum to roll back up into the pose.

Pupils can also try rowing; one partner bends knees and arms, the other one stretches into their partner's feet, repeat the other side and you should get into a rocking/rowing/see-saw motion.

- 23 Breathe a couple of breaths, then come back to centre and put your right hand on your left knee to repeat the twist in the opposite direction.
- 24 Now for a last challenge called Submarine (**See resource 21**). Stay back-to-back but bend your knees and put your feet flat on the floor in front of you.
- 25 Now link arms with your partner behind you by hooking elbows together.
- 26 The challenge is for each of you to push back and work together to come up to standing.

TEACHER NOTES

Submarine works best if partners are similar sizes

Conclusion (5 minutes)

- 1 Now let's relax. Kneel facing each other and put your hands on your partner's shoulders. Bend forwards as if you were coming into Child's pose but keep your hands on your partner's shoulders. You might need to shift back a little so that you can fit both of your heads in the gap, touching by the tops of your heads. See if you can relax down (this is huddle pose) to take a few breaths.
- 2 Now, release hands and shuffle back a little so you can come into Child's pose (**See resource 22**) with your arms stretched out. Take some quiet breaths while you settle yourself down and stretch.
- 3 Close your eyes and just concentrate on your breathing for a few minutes.
- 4 After a few minutes, chime the chime and tell the pupils to sit up slowly so they are sitting in a kneeling position facing their partner. Put hands together over their heart in Namaste position (**See resource 23**). This position represents a feeling of peace, respect and gratitude to those present. Say, "Namaste to your partner," and give a little bow of your head to thank your partner.
- 5 Now push yourself up slowly and give your body a gentle shake to wake it up.

TEACHER NOTES

Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.



Mountain

1. Stand up tall and strong with hands by your sides and feet about hip-width apart.
2. Spine should be long with a straight back.
3. Breathe in and lift your shoulders up towards your ears, breathe out and rotate your shoulders backwards and down to lengthen your neck.
4. You are a strong mountain. The Mountain pose is the starting point of all standing poses in yoga.



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Star

1. Stand in mountain pose and jump out your legs and arms to make a star shape.
2. Stretch yourself.



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Savasana

Lying on your back, arms by your side, palms facing up to the sky.



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Washing Machine

1. Stand with soft knees and begin to turn your body from side to side so that your arms swing out and around your body.
2. Imagine washing out any anger or bad feelings like worries and hurt. These feelings are washing down your arms and down the drain. You are lighter now.
3. The cycle has finished so shake yourself dry and then come back to mountain pose and take some deep breaths in through your nose and quietly out through soft lips.



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Triangle

1. Stand in mountain pose.
2. Jump your legs out wide. Keep your toes pointing forward.
3. Turn the toes of your right foot outwards and reach your arms out to the sides.
4. Bend to the right side and rest your right hand on your right leg.
5. Keep your other arm stretching up into the air.
6. VARIATION – While in triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.



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Gate

1. Start on your knees.
2. Stretch your right leg out to the side with pointed toes.
3. Make sure that your knee is pointing to the sky.
4. Stretch your arms to the sides to make the gate.
5. Open the gate by bending at the waist to the right and putting your hand on your outstretched knee with your other arm facing up.
6. Look at your top hand.
7. Repeat on the other side.



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Warrior 1

1. Start in mountain pose and jump your legs apart.
2. Point both feet to the right by swivelling on the spot and turning your body in the same direction.
3. Bend your right leg and put your arms high above your head to take you into warrior 1 pose.

How long can you hold this pose?



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Warrior 2

1. Start in mountain pose and jump your legs apart, point your right foot to the side and put your hands out to the sides.
2. Bend your right leg and look towards your extended right arm without twisting your body in that direction.

Can you bend the right leg more and keep your balance?



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Warrior 3

1. From mountain pose, jump your legs apart. Swivel your feet to point towards the right.
2. Put your hands on your hips and turn your hips to face the direction of your right leg.
3. Bring your weight forwards towards your front leg and make that leg strong and straight while you slowly lift your back leg off the ground and stretch it behind you.
4. Stretch both arms out in front of you. Feel the strength of your body. This is warrior 3.



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Superman

1. Stand in mountain pose.
2. Open your legs a little wider.
3. Stretch your arms above your head with the hands in fists.
4. Stand strong.



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Wonder Woman

1. Stand in mountain pose.
2. Open your legs a little wider.
3. Make your hands into fists and put them on your hips.
4. Open up your chest and look upwards.
5. Stand strong and tall.



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Lying Butterfly

1. Lie on the floor in Savasana pose. Body relaxed.
2. Bend your knees and put your feet flat on the floor then open up the knees to relax them to the sides in butterfly pose.



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Conductor breath 1

Stand in mountain pose and widen legs a little.
Breathe in through your nose at the same time as bringing
your arms up in front of you.



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Conductor breath 2

While still breathing in, bring your arms out to the sides.



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Conductor breath 3

Continue your in-breath and bring your arms up.



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Conductor breath 4

Then, breathe out through your mouth while letting your arms and torso fall between your legs; bending your knees slightly.



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Rag Doll

Stand in mountain and bend forwards letting your arms and head hang down.



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Warrior Friends

1. With a partner. Stand facing each other.
2. Both take a step back with your left leg.
3. Position your right leg so that your inner knees, legs and feet are touching.
4. Twist your body to the right to face away from your partner.
5. Reach your left arm behind your back and your right arm in front of your partner.
6. Turn your heads to look at one another.
7. Hold the pose for a few breaths and then see if you can get into it with the opposite legs forwards. right arm in front of your partner.
8. Try to hold each other's hands.



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Mixing Bowl

1. With a partner. Sit down with your legs stretched in front of you in a wide V-shape. Your feet should be touching.
2. Hold hands and rotate in circles from the waist in mixing bowl pose. Do this in both directions.
3. Stop rotating and now hold wrists with your right arm with your partner and stretch the other arm behind you.
4. Make sure that your grip of one another is firm and then lean back to feel a good stretch. Then switch sides.



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Double Boat

1. With a partner, sit facing each other, bend your knees in front of you and touch feet on the ground.
2. Hold each other's hands and slowly lift one foot up in the air with your partner until they are touching sole to sole.
3. Make sure you are holding hands firmly and lift the other when you are ready. This is double boat
4. If you feel stable, you can lift your feet further so that your legs are straight still with feet touching your partner's to double boat 2.



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Submarine

1. With a partner. Sit back-to-back and bend your knees and put your feet flat on the floor in front of you.
2. Link arms with your partner behind you by hooking elbows together.
3. The challenge is for each of you to push back and work together to come up to standing.



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Childs 1

Come into table pose and sit back on your feet but keeping your hands on the floor so your body and head is at rest.



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Namaste

1. As a position, this refers to the positioning of the hands.
2. Palm to palm with fingers touching those of the opposite hand and pointing upwards.
3. Bring your hands to the centre of your chest.



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