
Yoga (Year 4)

Unit Overview

Summary

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

The ethos behind the lesson plans encourages pupils' development of resilience and their self-awareness - pupils are increasingly encouraged to make choices in their yoga about what works for them and their body.

Prior learning

Pupils will have had three yoga sessions in each of the past three 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 sessions of 30 minutes.
- 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 and Sitting Poses (Year 4)

Lesson Overview

Learning Objectives:

To explore ways of sitting to enhance relaxation. To recap and review some poses they have learnt in previous sessions.

Success Criteria:

Pupils are developing an understanding of the ways to enhance their own relaxation and exploring what works for them.

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

Key Vocabulary:

Balance, strength, abdominal, rotate, pelvis.

Equipment & Resources:

- See Teaching Tips section for additional advice.

Required Downloads

- Print the pose cards from the age 7-8 section (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?
- 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

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?
- 4

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.
- 5

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?
- 6

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.
- 7

We are going to begin by trying to sit in lotus pose, until now you have begun many poses and breathing exercises sitting cross-legged in Easy pose (**See resource 1**) but you might find other ways to sit enable you to relax more deeply. You have sat in Butterfly pose (**See resource 2**) which some people like. You can also sit with your legs bent at the knees but not crossed.

LEADERSHIP OPPORTUNITY

Ask a pupil to demonstrate the movement of the foot and the meaning of rolling back your shoulders.

VARIATION

Standing on the spot, pupils alternate bringing their body-weight onto their heels with toes raised and then onto their toes with toes spread, then raise heels to tip-toe and reverse and repeat.

PUPIL TALK

How long the chime persisted in the silence.

8 To sit in lotus, draw your right foot up onto your left thigh. The sole of your foot should be pointing up. This is half lotus. Now switch sides and repeat half lotus. It's important to switch sides in most poses to give both sides of your body equal practice. Come back to half lotus and draw your other foot up to your thigh. Try to stretch your spine straight and take some breaths in this pose. Look at the images (Lotus 1,2 & 3) **(See resource 3)** to see various arm and hand options for this pose.

VARIATION
From now on give pupils a choice when seated for relaxation about the way that they rest their feet; cross-legged, Butterfly, Lotus. Unless a pose requires a particular starting position.

VARIATION
Some pupils might find sitting in the edge of a mat or rolled blanket bringing the hips slightly higher than the legs helps if they have poor core strength or tight hamstrings.

Main (20 minutes)

- 1

Now we are going to do a routine of poses that you have learnt in past lessons. Try to move fluidly between the poses following my voice. In each pose you should try to take some breaths and really stretch into the pose, maintaining your balance.
- 2

Firstly, sit on your knees, then stretch your arms up to the sky and come up onto your knees. Look upwards and take in some breaths while you grow taller towards the sun’s warmth.
- 3

Now, bend back down and come into Child’s pose (**See resource 4**) with your hands by your sides.
- 4

Come up into Table pose (**See resource 5**). Check whether your back is straight with your abdominal muscles pulled in and your hands are beneath your shoulders.
- 5

Now, curve your belly down and bring yourself into Cow pose (**See resource 6**). You should be arching your back towards the floor and your head should be looking upwards. Take in a breath while you feel the stretch and then give a little, “moo,” as you breathe out.
- 6

Can you rotate your pelvis now to curve your spine the opposite way; away from the floor to move into Scared Cat pose (**See resource 7**)? You should drop your head down. Feel your back arching up like a startled cat.
- 7

Come back to table, turn your toes under and push up by straightening your legs to bring yourself into Downward Dog (**See resource 8**).
- 8

Now ‘walk’ the dog by flexing the heels of your feet up and down alternately.
- 9

‘Wag your tail’ by flexing your hips to wiggle your bottom.
- 10

Now, lower down into Upward Dog (**See resource 9**); try to rest the tops of your feet on the ground, keep your arms straight and hold your body off the floor if you can. Remember Upward Dog is a bit like Cobra (**See resource 10**) but your body should be off the floor as much as possible with just your hands and feet touching the floor.
- 11

Breathe in and ‘pant out’; like a dog.
- 12

Now repeat this whole sequence in a fluid way from step 4. Then rest in Child’s pose for a few moments.

TEACHER NOTES

Use the pose cards to remind the pupils of the poses that they have learnt.

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.

EXTEND

Try to coordinate breathing with movement.

VARIATION

Cobra is fine for those who cannot lift their body off the floor.

- 13
- Let’s do some standing poses now. Come up into Mountain pose (**See resource 11**) with strong legs and straight arms.
- 14
- Arch your arms up, to make the sunrise.
- 15
- Drop your arms and then your body to make sunset. You should end up in Ragdoll (**See resource 12**) pose.
- 16
- Make the sun rise and set once more and then come back to Mountain pose.
- 17
- Jump open your legs, and turn your right foot facing out to the right. Stretch your arms out to the sides and bend to the right side and rest your right hand on your right leg. Keep your other arm stretching up into the air. This is Triangle pose (**See resource 13**).
- 18
- Repeat this on the other side.
- 19
- 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 14**). Check that your shoulders are not hunched up by rolling them back. How long can you hold this pose? Take a few breaths, holding steady.
- 20
- Straighten your leg and take your arms back to your hips.
- 21
- Turn your body to face forwards, your right foot should still be pointing to the right put your arms out straight to the sides.
- 22
- 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 15**). Do you feel like a strong warrior? Can you hold the pose for a few breaths?
- 23
- Bring your hands down to your hips and 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. This is Warrior 3 (**See resource 16**).
- 24
- Come back to Mountain pose and try to perform a sequence moving though the warrior poses but to the left side.

EXTEND

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.

Conclusion (5 minutes)

<div>1</div> <p>Your legs have done a lot of work so now lie down on your back. Hug your knees to yourself for a moment. This is called Ball pose (See resource 17).</p> <div>2</div> <p>Try to grab your toes to make Happy Baby pose (See resource 18). Stretch like this for a moment and then hug your knees again. Can you roll further backwards when you inhale and forwards when you exhale in Ball pose (See resource 17). Can you roll yourself up to sitting?</p> <div>3</div> <p>Now, lie on the floor in Savasana (See resource 19) pose. Your body relaxed, feet floppy. When the room is calm and quiet, ring the chime and let it reverberate until the sound goes.</p> <div>4</div> <p>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.</p> <div>5</div> <p>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.</p> <div>6</div> <p>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.</p>	<div>VARIATION</div> <p>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.</p> <div>TEACHER NOTES</div> <p>Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.</p>
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Lesson 2 - Balancing (Year 4)

Lesson Overview

Learning Objectives:

To explore some new poses that require balance both individually and with a partner. To be able to practise some yoga relaxation techniques.

Success Criteria:

- Pupils can create and follow instructions.
- Pupils can hold new yoga poses.
- Pupils can reflect upon how yoga makes their body feel.

Key Vocabulary:

Spine, abdominals, hips, calf, inhale, exhale, sacrum.

Equipment & Resources:

- See Teaching Tips section for advice.

Introduction (5 minutes)

<div>1</div> <div>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 in their preferred seated pose (Easy; cross-leg, Butterfly, Lotus).</div>	<div>VARIATION</div> <div>Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.</div>
<div>2</div> <div>Once they are seated, ask all the 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 couple of minutes.</div>	<div>VARIATION</div> <div>If pupils have a blocked nose then they should continue to breathe in which ever way is comfortable, trying to fill up their lungs with deep, slow breaths.</div>
<div>3</div> <div>While they breathe this way, play the chime one more time and ask pupils to listen until the sound disappears and then stretch their legs out in front of them with their hands behind their hips to support them.</div>	
<div>4</div> <div>Circle their feet one direction and then the other. While they do this, think about their breath; in through the nose and then out gently through soft lips.</div>	
<div>5</div> <div>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.</div>	
<div>6</div> <div>Now lengthen your breath by counting in your head '1, 2, 3, 4, 5' as you breathe in and then '5, 4, 3, 2, 1' as you breathe out. Feel your lungs fill and empty. Now we are going to slow down the breath. Breathe in through your nose, counting to 5 as before but try to slow your out breath so that you can count down from 10 in your head while you breathe out through your mouth. Try this a few times.</div>	

Main (20 minutes)

- 1
- Now, stand in Mountain pose. Remind yourself how 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 pose (See resource 20).
- 3
- 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. Bring your palms together touching your chest in Namaste (See resource 21).
- 4
- We are now going to practise some new poses so listen carefully and follow my actions.
- 5
- The first is Tree pose. There are a few variations of this and the main aim is a balanced strong tree so you should hold the pose in which you feel most balanced.
- 6
- Open your legs a bit wider*. Look ahead of you and find a point on which to focus, looking at this point through the pose will improve your balance.
- 7
- Shift your weight over your left foot and point your right foot out to the side without moving it away from your left foot.
- 8
- Rest your right heel on your left ankle keeping your toes on the floor. This is Tree pose 1 (See resource 22).
- 9
- Now keep your balance and lift your right foot up to rest on the inside of your calf. This is Tree pose 2 (See resource 22).
- 10
- Your arms are your branches, grow them up to the sky. Keep looking at your focus point to keep your balance. Your arms should be straight. Check that you aren't hunching up your shoulders. When you are balanced, you can bring your hands together if you wish.
- 11
- Now you can try version 3 (See resource 22). Move your right foot as high up your left leg as you can. Balance for several breaths and then switch legs.

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

Legs should be wider than hip distance but not so wide that they slip into the splits or cannot balance.

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

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

- 12 Shake out your legs and come back to Mountain pose. Now you are doing a different balancing pose called the Aeroplane **(See resource 23)**. Like before, find a focus point. Inhale and then stretch your arms out to the sides as you exhale.
- 13 Bring your weight over your right foot. Inhale and on the next exhalation, lift your left leg behind you and bend forward at the hips. Keep looking at your focus point to help you balance.
- 14 After a few breaths, come down for a smooth, controlled landing.
- 15 Let's do a few lying poses now to give your legs a break. Lie on your back and put your feet flat on the floor with your knees bent. Your arms should be by your sides with your palms down.
- 16 Inhale and when you exhale, lift your hips up to make the Bridge pose **(See resource 24)**. Keep your chest lifted.
- 17 Come down on an exhalation, slowly roll your spine flat from your neck downwards. Repeat.
- 18 Now bring your knees to your chest and rock from side-to-side to rest your back. Sway your arms and legs up in Jellyfish pose **(See resource 25)**.
- 19 Let's try a pose with a partner to finish. Find a partner and sit facing one another. Bend your knees in front of you and touch feet on the ground.
- 20 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 26)**.
- 21 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 26)**.
- 22 Feel the stretch for a few breaths and then slowly lower your legs before you let go of each other's hands.

VARIATION

Pupils can bend their arms at the elbow and try to hold hands under the bridge

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.

23

Now try Lotus Flower (**See resource 27**), hold hands and reach your feet up again but this time on the outside of your hands. Again, lift one foot at a time.

EXTEND

For an extra challenge. Keep holding hands and touching feet while you bring your legs down and through your arms to convert Lotus flower (**See resource 27**) to Boat (**See resource 26**) and back again.

Conclusion (5 minutes)

<div>1</div> <p>Stay with your partner, we are going to try a relaxing pose called Lizard on a Rock (See resource 28). One person is the rock. They should pose in Child’s pose (See resource 29) with their arms forwards.</p> <div>2</div> <p>The lizard should sit very gently on the rock’s back, sitting low down onto their sacrum (where trousers pull up to) and facing towards their feet.</p> <div>3</div> <p>The lizard should then roll back and put their arms above their head reaching towards the floor by the rock’s head. The rock can grasp the lizard’s hands and help the stretch.</p> <div>4</div> <p>When the rock is ready to get up, they should state this to the lizard and then roll slowly upwards.</p> <div>5</div> <p>Swap roles.</p> <div>6</div> <p>Now lie down to relax for a few moments on your back until I ring the chime to mark the end of the session.</p>	<div>TEACHER NOTES</div> <p>It is important to stress that whoever is the lizard must be gentle and get up if the 'rock' is uncomfortable. You could pair two pairs up so that two pupils can help the other pair and then swap.</p>
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Lesson 3 - Self-Massage and Dynamic Yoga (Year 4)

Lesson Overview

Learning Objectives:

To explore the benefits of self-massage as a relaxation technique. To compose dynamic yoga routine with a partner.

Success Criteria:

Pupils appreciate how self-massage can make them feel more relaxed.

Pupils can use the poses that they have learnt to compose a dynamic routine incorporating movement across the floor.

Key Vocabulary:

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

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	Begin by walking around concentrating on the way you walk. When I ring the chime, find a space to sit down 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 ares 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.	<div>PUPIL TALK</div> <div>How did it feel to give yourself a massage?</div>

Main (20 minutes)

1	Let's do some energising breathing before moving into some yoga poses.	
2	Ask pupils to stand in Mountain pose (See resource 11) 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 30) (1), out to the sides (See resource 31) (2), up over your head (See resource 32) (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 33).	<div>TEACHER NOTES</div> <p>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.</p>
5	Repeat this twice more before coming to rest in Ragdoll pose (See resource 12) then rolling slowly back to Mountain pose (See resource 11).	
6	Today you are going to get a chance to put together some of the poses that you have learnt in a more dynamic way. The idea is to put together a routine with a partner or a small group in which you start at one side of the room and use yoga poses to gradually move to the other side of the room.	<div>TEACHER NOTES</div> <p>Allow pupils to pair up or form small groups. If you have mats, you could lay them out for each group going from one side of the room to the other.</p>
7	You will need to think about how to transition from one pose to another and which poses can move well from one to another like on the routines that you have done before.	
8	You will also need to think about the movement aspect which is not something that we have done before.	
9	You might choose to use a variety of lying, sitting and standing poses or to concentrate on one aspect. You might choose a theme such as animals or powerful poses, like we have done in the past. You could incorporate partner poses if you wish.	
10	Give pupils time to work out and demonstrate routines.	

Conclusion (5 minutes)

<div>1</div> <p>Ask pupils to lie on the floor in Savasana pose (See resource 19). Their body relaxed, feet floppy.</p>	<div>VARIATION</div> <p>If blankets are available, pupils should lie with a blanket over them. Some pupils particularly benefit from having a weight such as a heavy blanket on them, even tucked in around their body. You could suggest that pupils try this at home.</p>
<div>2</div> <p>We are going to do a body scan to relax now. This is a useful method of getting to sleep if you ever struggle with sleeping.</p>	
<div>3</div> <p>Start from your feet and think about how they are feeling, make sure they are at rest and relaxed.</p>	<div>VARIATION</div> <p>Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.</p>
<div>4</div> <p>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.</p>	
<div>5</div> <p>This feeling is now moving up to the back of your knees and then your upper legs.</p>	
<div>6</div> <p>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.</p>	
<div>7</div> <p>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.</p>	
<div>8</div> <p>Feel it in the back of your neck and your jaw and mouth and even your tongue.</p>	
<div>9</div> <p>Now feel it in your eyelids and all the way to the top of your brain. Relax like this taking good breaths.</p>	
<div>10</div> <p>After a few minutes, chime the chime and tell pupils to give their toes a little wiggle, then their fingers. The 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.</p>	



Easy

Sitting cross legged or with knees out to the side and feet brought towards the body interlocked.



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Butterfly

1. Sit on the mat.
2. Bend your knees and put your feet on the floor.
3. Drop your knees to opposite sides so the soles of your feet are touching making your butterfly wings. Hold your toes lightly.
4. Sit up nice and tall.
5. Breathe in and lift up your knees.
6. Breathe out and drop your wings down.



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Lotus

1. To sit in lotus, draw your right foot up onto your left thigh. The sole of your foot should be pointing up. This is half lotus.
2. Switch sides and repeat half lotus. It's important to switch sides in most poses to give both sides of your body equal practice.
3. Come back to half lotus and draw your other foot up to your thigh.
4. Try to stretch your spine straight and take some breaths in this pose.
5. Look at the images (lotus 1,2 & 3) to see various arm and hand options for this pose.



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Childs 2

As child's pose 1 but with hands by your sides, palms up.



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Table

- 1. This begins by kneeling and sitting back on your heels with a straight back.
- 2. Put your hands on the floor in front of you and come up onto your hands and knees. Your knees should be hip-width apart and your hands should be flat on the floor with your fingers facing forwards.
- 3. Make sure that your hands are below your shoulders, not further forwards or backwards or too close or far apart.
- 4. Your spine should be straight from the bottom of your neck to your bottom.



Well-being: Yoga





Cow

1. Start in table pose, curve your spine towards the floor so your tummy hangs down.
2. Lift your head so you are looking forwards and upwards.



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Scared cat

1. Start in table pose. Drop your head down so your chin touches towards your chest and you look towards your belly button.
2. Arch your back slowly so that it curves up.



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Downward Dog

1. Start in table pose and tuck your toes under.
2. Now straighten your legs and try to put your feet flat on the floor. Your bottom should be up in the air.
3. Relax your head down.
4. Try to keep this pose for a few moments feeling the stretch in the back of your legs and your spine. Keep your arms strong.



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Upward Dog

1. From downward dog, breathe in and lower your body to the floor, keeping your toes tucked in and your arms straight.
2. Look up.



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Cobra

1. Lie on your front with your legs straight, pointed toes.
2. Put your hands on the floor under your shoulders.
3. Inhale and lift your chest up using your arms to push up.
4. Exhale and lower down.
5. Repeat.



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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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Rag Doll

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



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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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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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Ball

1. Sit on the floor with your legs out straight.
2. Put your feet on the floor and bend your knees.
3. Wrap your arms around your knees and then gently roll back.
4. Try to use your tummy muscles to roll forwards again.



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Happy Baby

1. Lie down on your back.
2. Hug your knees to yourself for a moment. This is called ball pose.
3. Then try to grab your toes to make happy baby pose.
4. Stretch like this for a few moments.



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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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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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Tree Pose

1. Stand with feet together. Look ahead of you and find a point on which to focus, looking at this point through the pose will improve your balance.
2. Shift your weight over your left foot and point your right foot out to the side without moving it away from your left foot.
3. Rest your right heel on your left ankle keeping your toes on the floor.
This is tree pose 1.
4. Now keep your balance and lift your right foot up to rest on the inside of your calf. **This is tree pose 2.**
5. Move your right foot as high up your left leg as you can. Stretch your branches up to the sky in **tree pose 3**. Balance for several breaths and then switch legs.

In any of the tree poses, your arms are your branches, grow them up to the sky. Keep looking at your focus point to keep your balance. Your arms should be straight. Check that you aren't hunching up your shoulders.



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Aeroplane

1. Start in mountain pose. Focus on a point ahead of you to aid balance.
2. Stretch your arms out to the side and shift your weight over your right leg.
3. Bend forward at the waist while you lift your left leg.
4. Hold and then try with the other leg lifted.
5. Movements should be slow and controlled.



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Bridge

1. Lie on your back, put your feet flat on the floor hip distance apart.
2. Roll your shoulders back and keep your arms down with your hands facing down.
3. Now try to lift up your hips to raise the bridge.
4. Hold for a few breaths and then roll yourself back down by imaging rolling down from your neck to your hips.
5. Variation: clap hands behind back 'under the bridge'



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Jellyfish

1. Lying on the floor, lift up your arms and legs to become tentacles. This is jellyfish.
2. Move your tentacles as if you were swaying in the sea.



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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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Lotus Flower

1. With a partner. Hold each other's hands and slowly lift one foot up, on the outside of your hands, in the air with your partner until they are touching sole to sole.
2. Make sure you are holding hands firmly and lift the other when you are ready.
3. If you feel stable, you can lift your feet further so that your legs are straight still with feet touching your partner's.
4. Feel the stretch for a few breaths and then slowly lower your legs before you let go of each other's hands.



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Lizard on a Rock

1. With a partner. One person is the rock. They should pose in child's pose with their arms forwards.
2. The lizard should sit very gently on the rock's back, sitting low down onto their sacrum (where trousers pull up to) and facing towards their feet.
3. The lizard should then roll back and put their arms above their head reaching towards the floor by the rock's head.
4. The rock can grasp the lizard's hands and help the stretch.
5. When the rock is ready to get up, they should state this to the lizard and then roll slowly upwards.



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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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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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